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Police search for Taliyah Marsman near Chestermere Thursday.
JEFF MACINTOSH/ THE CANADIAN PRESS

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metro NEWS

Your essential daily news

Police urging Pokémon Go players to catch 'em all safely. **Canada**

First-degree murder charges laid

TALIYAH MARSMAN

Police say girl and mom dead before they got involved

Darren Krause
Metro | Calgary

The body of five-year-old Taliyah Marsman was found by police in a field east of Calgary, hours after an intensive search began, ending an Amber Alert lasting nearly two days.

Charged with first-degree murder is Edward Downey, 46, of Calgary, who was known to Sara Baillie, Taliyah Marsman and her dad Colin Marsman, police said.

Baillie was found dead in her Panorama home late Monday after family had reported to police that she hadn't shown up for work. Her daughter, Taliyah Marsman, was reported missing at that time. An Amber Alert was issued at 1:40 a.m.

There were eyewitness reports that Taliyah had been seen earlier that Monday with a stocky black male.

Insp. Don Coleman reports on developments in the case at a press conference. JENNIFER FRIESEN/FOR METRO

Police now believe that both Sara and Taliyah were killed before police became involved.

Calgary police Insp. Don Coleman said that the area east of Calgary, near the community of Delacour where the body was found, was still secured and being searched for evidence.

"It's disappointing for sure; we were hoping for a different outcome and worked hard for a different outcome. Clearly by the timeline I indicated there was nothing we could do," Coleman said.

According to Coleman, Calgary police had expanded their search to areas of Delacour on Thursday after receiving reports that a dark grey sedan — seen in CCTV footage investigators had obtained — was also spotted there in the last few days.

> **By the timeline I indicated there was nothing we could do.**
> Insp. Don Coleman

Police said earlier Thursday that Downey had an extensive criminal history, including violence.

"There's still a ton of work to do," Coleman said, referring to the continued search of the area where Taliyah's body was found, along with the Panorama crime scene.

Calgary police Chief Roger Chaffin told reporters at a late-night press conference that he's proud of the community for pulling together and of the officers who dedicated their time.

Downey is expected to appear in court again on July 20.

TIMELINE IN THE DISAPPEARANCE OF TALIYAH MARSMAN

Sunday 11:30 a.m.
Taliyah last seen by her extended family.

Sunday 5:30 p.m.
Security cameras show Sara Baillie with daughter Taliyah at a Dairy Queen restaurant.

Monday 11:30 a.m.
Girl matching Taliyah's description seen with stocky black man.

Monday 8:30 p.m.
Officers find Baillie's body in the basement suite where she lived with Taliyah.

Tuesday 1:40 a.m.
Police declare Amber Alert for Taliyah.

Tuesday 4:45 a.m.
Police reveal that Taliyah's mother is dead.

Tuesday 7 a.m.
Calgary police report that Sara Baillie and Taliyah's father, Colin Marsman, are estranged and that there is a noted history of domestic violence.

Wednesday 11 a.m.
Taliyah's father releases a statement through a friend pleading for anyone with information to "do the right thing."

Wednesday 10:30 p.m.
Police take into custody man they believe was involved in Taliyah's disappearance.

Thursday 5:20 a.m.
Police announce that a ground search has been launched in a rural area.

Thursday 2:30 p.m.
Police are now calling the man in custody a suspect and say he is offering "zero co-operation." They say he has an "extensive criminal history" and was known to both Taliyah's mother and father.

Thursday 9 p.m.
Police say a body believed to be Taliyah's was found on a rural property. Two counts of murder were to be laid against the man in custody.

THE CANADIAN PRESS

Officers, town worked in tandem

TALIYAH MARSMAN

Police combed fields, residents did what they could to search

Lucie Edwardson
Metro | Calgary

In rows of four, police officers in fluorescent vests combed through ankle-high grass and chest-high fields of canola in a small town northeast of Calgary in a search for evidence in the disappearance of Taliyah Marsman.

Insp. Don Coleman said police expanded their search to the rural area after receiving information indicating a man they took into custody late Wednesday night had been spotted there briefly in the preceding days.

They were looking for anything that might be related to that.

Early on in the search around the small town, an item of interest turned up — "a stuffed animal of sorts, but we have no idea if that related to this or not," he said.

"It's a large area, and there are probably several things out there that we may or may not know where they've come from."

The people of the town of Delacour were eager to co-operate with the police search, holding out hope that five-year-old Taliyah, the subject of an Amber Alert for more than two days, would be found.

Margaret Orr took a search of her own property, underneath trees and in the tall grass after seeing a search helicopter overhead.

She kept calling Taliyah's name, hoping she would hear or see something, to no avail.

"I always seem to have a lot of different creatures coming to my property, so I thought, 'Well, maybe Taliyah came in," Orr said. "I've got little grandchildren — five, eight and 10 — so my heart just goes out to that little girl."

Neil Macleod opened up the area near his property to the police search.

"It's horrible. You're away from the hustle and bustle, so it really makes things become real when they happen," he said. "You understand that life is precious and there are tragedies."

WITH FILES FROM NEWSTALK770

An officer searches inside a culvert in rural Delacour for any sign of Taliyah Marsman. CANDICE WARD/FOR METRO

> "It really makes things become real when they happen. You understand that life is precious and there are tragedies."
> Neil Macleod, resident of Delacour

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POLICE

Warning over sex offender

Calgary police are warning the general public about the release of an inmate from custody.

Dustin Roy Williamson, 23, was released into Calgary on Thursday after serving a three-year sentence for sexual interference and child pornography.

Dustin Roy Williamson
COURTESY CPS

Police warn that Williamson has a history of sex offences involving children. Previous convictions include sexual interference, possession of child pornography, failure to comply, theft under and indecent act.

He is described as Caucasian, 5-foot-7-inches tall, and 140 pounds. He has brown hair and green eyes.

Williamson will be monitored by the Calgary Police Service High Risk Offender Program.

Police say they are releasing this information so the public can be informed and take precautionary measures, but are warning against any form of vigilantism. METRO

IN BRIEF

Couple released on bail

Bail has been granted to a former Alberta couple convicted of failing to get proper medical treatment for their son who died of meningitis.

The Crown consented to the release of David and Collet Stephan, found guilty in April of failing to provide the necessaries of life to 19-month-old Ezekiel.

THE CANADIAN PRESS

Craft Beer Market anticipates they'll have to change beer prices when the beer mark-up comes into effect. JENNIFER FRIESEN/FOR METRO

Restaurants fearing a beer-tax hangover

GRANT PLAN

Owners left to hope brewers don't feel need to raise prices

Jeremy Simes
For Metro | Calgary

Craft Beer Market's PJ L'Heureux hopes he doesn't have to spend another $5,000 on changing the restaurant's menu, as he says much uncertainty lingers with the government's recent beer-tax increase for smaller brewers.

On Tuesday, the NDP government said that starting Aug. 5 it plans to charge the same $1.25 per litre beer markup for all beer, regardless of the size of the company or where the beer is made.

That could be about $0.40 extra per bottle of beer, but microbrewers hope the price increase won't be the case because they're still waiting on details within the government's grant program.

Terry Rock, executive director of the Alberta Small Brewers Association, said the organization is welcoming the level playing field between provinces and expects the grant program to offset mark-up costs.

"We expect Alberta brewers won't be worse off after the change," he said. "They'll make their business decisions on pricing based on the grant."

But restaurants aren't seeing it the same way, according to Restaurants Canada's Mark von Schellwitz.

> **"You're already losing customers because Albertans are curtailing their spending."**
> Mark von Schellwitz

He said the mark-up is likely to cause another increase in liquor prices, meaning the industry will take another blow as booze prices increased last year and the minimum wage is also set to grow.

"It's just one more cost increase our members are going to try and find a way to absorb or pass along to their customers." von Schellwitz said. "That's a tough thing to do right now."

L'Heureux, who owns Craft, said if the restaurant has to increase its prices due to the mark-up, it'll have to re-order menus at a cost of $5,000.

"We just changed them about six months ago," he said. "It's disappointing, and the main reason is there is little-to-no consultation with restaurant owners.

"We also can't change our prices as quickly if we have to. I think they need to think it out a little more and consult the people it's going to affect. In terms of the grant, it could be great or it could be bad. There is a lot of uncertainty."

Details of the grant will be rolled out in the coming weeks.

EMPLOYMENT

Uber revs up ... but slowly

Helen Pike
Metro | Calgary

Looking for a job? Well, Uber is hiring in Calgary, but that doesn't necessarily mean they are revving up engines to pick up passengers anytime soon.

The rumour mill was turning earlier this week as the rideshare giant posted two tantalizing job opportunities online. The jobs, a city operations manager and Uber expert, are part of the Western headquarters team, Uber told Metro, and not an indication of their long-awaited launch.

"The Western Canada team is based in Calgary; that's why we are looking for an additional employee," wrote spokesperson Jean Christophe de Le Rue. "As for Calgary, while we would like to be back serving Calgarians, we remain in discussion with the city in the hope that we could eventually resume our operations."

In the weeks leading up to the provincial government's new Transportation Network Company rules and insurance options, Uber and the City of Calgary started up talks about the company's re-entry into the Calgary market.

But it's not a simple task.

According to Chief Livery Inspector Mario Henriques, Uber still has to apply to have the court injunction against their drivers lifted before picking up passengers.

"Prior to them entering the market either they or the City of Calgary can make application to have the injunction lifted," said Henriques. "That application can be made at any time."

When asked if it has been made Henriques said: "not by us."

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Beekeeping trend bad for native bees

WILDLIFE

Native species threatened; flowers are best way to help

Helen Pike
Metro | Calgary

Beekeeping seems sweet like honey, but for Alberta's native species, the unregulated practice could have unknown consequences, according to a Mount Royal University biology instructor.

Alexandria Farmer has become a bee ally, hoping to raise awareness about people's need for bees and what the creatures actually need.

"There's been so much habitat disturbance and urban sprawl," Farmer said. "You've got these big yards of grass that have removed the prairie native meadows and natural flowering areas, so to then start flooding the other systems with honey bees when they're already in the millions in the agricultural settings, it's a numbers game."

There are over 300 varieties of native species, but Farmer focuses on 27 varieties of bumble bees because "they're the cutest."

She said she's trying to be diplomatic about the backyard beekeeping practice and knows people mean well. She herself has bee visitors she cares for and sees the draw. But for her, what's planted in the garden is sweeter.

"If you want to do something good for bees, then you plant flowers — lots and lots of flowers," Farmer said.

This swarming season, the City of Calgary and Calgary & District Beekeepers Association have joined forces to help keep winged pollinators safe. There have been more swarms and, as that group told Metro, it's because of the beekeeping fad.

Farmer has put up numerous "bee boxes" in the Calgary area and encourages people to create natural habitats.

"In nature they don't get boxes, so if you had areas in your yard you let grow wild with slumped over grass, plants with hollow stems, just having that diversity ... fostering an environment for all bees," Farmer said.

Biologist Alexandria Farmer JENNIFER FRIESEN/METRO

SPECIAL OLYMPICS

Students ride so others can, too

Jennifer Friesen
For Metro

After 12 days, 970 kilometres, steep mountain climbs and heavy rain, Dawson Lucier and Trevor Rice pedalled into Calgary on Thursday afternoon.

But, just five months ago, the pair of friends had no idea that they'd be cycling across Canada for charity.

It all happened when Motionball, a not-for-profit working to raise awareness and funds for Special Olympics Canada, gave a presentation at McMaster University, where the two study. Peter, a Special Olympics athlete, took the stage to talk about his triumphs and his struggles in sport.

"We got to see the excitement and the passion he had for these sporting experiences that were provided to him through the Special Olympics," said Lucier, 20. "He didn't have those opportunities before, so to hear this positive, inspiring story from him was an eye-opener: this is not something that everyone gets to experience."

That was when the two students hatched a plan.

"Both of us were always playing sports when we were younger," said Rice, 21.

"We both study kinesiology as well, so the physical and social benefits of playing sports is pretty important to us. When we thought more about what was important to us, we decided that we wanted to do something that would allow everyone to have the same opportunities."

On July 3, the two geared up and started their 4,500-kilometre cycling trek from Vancouver to Hamilton, their home, with the goal of raising $10,000 for Motionball.

To date they have raised $1,100 towards their goal. Paul Horton, director of the Motionball gala in Calgary, said the funds would support weekly programs, coaching costs, living costs and equipment for Special Olympians — but, to him, it's more about awareness.

"It's not a monetary gift that you need to give in order to be involved in charity," said Horton.

"Look at these guys, giving their blood, sweat and tears cycling across Canada to raise awareness and funds. They've found something that speaks to them in what the Special Olympics have brought to the athletes and their families — so much so that these guys have decided to take on a really large voyage."

Through the wind, rain and mud, Lucier and Rice have cycled 100 kilometres every day down the TransCanada Highway. And while they both admit it's been a challenge, it's worth it.

"The underlying motivation comes from the cause," said Lucier. "A lot of people are unfamiliar with what Motionball is, but we get to have that conversation with them and talk about the challenges that these athletes do face."

To donate, go to motionball.com/bikinghome.

Dawson Lucier and Trevor Rice. JENNIFER FRIESEN/FOR METRO

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Alberta Health trying to cut costs

HOSPITALS

Government stresses there will be no job losses

Jeremy Simes
For Metro | Calgary

The Alberta government has been reviewing the province's hospitals in hopes of determining where savings can be made as health spending grows during the economic downturn.

On Thursday, Ministry of Health spokeswoman Laura Ehrkamp said the government has been working with Alberta Health Services (AHS) to determine operational best practices, which include staffing (scheduling, shift rotations and overtime management), readmission rates, infection rates, procurement processes, supply costs and drug costs.

Ehrkamp said the province's greatest health care costs are hospital services, drug costs and physicians.

The Alberta government is comparing the Foothills Medical Centre with the University of Alberta Hospital in Edmonton to determine where money can be saved. JENNIFER FRIESEN/FOR METRO

She said the review is being conducted by what the ministry calls comparators, where similar provincial hospitals are grouped with similar-sized health care centres in Ontario.

The hospital groups are then compared based on operational best practices criteria.

"Where Alberta facilities compare favourably, there will be no changes," Ehrkamp said.

"Where we can do better, we will make changes to improve care and reduce costs."

She stressed any changes won't result in job losses.

"Any staff changes will take place through attrition or redeployment," Ehrkamp said.

"Operational best practice is an important initiative to improve care, reduce costs and ensure a sustainable public health care system that Albertans can rely on."

Sandra Azocar, executive director with Friends of Medicare, said the organization welcomes the government's move to review hospitals.

"I think, through the advocacy that we do, that front-line is not where you can find efficiencies," Azocar said. "I'm hoping by looking into other areas, where we can find appropriate efficiencies, that the outcome would be that we have services available to all the people in the province."

> **Where we can do better, we will make changes to improve care and reduce costs.**
> Laura Ehrkamp

AHS spokesman Bruce Conway said the comparators timeline will be ongoing.

"This is part of our normal practice now," Conway said. "We began with our larger hospitals and this work is now underway in our corporate services portfolios as well as clinical support services."

Conway said the initiative had an initial one-time cost of $131,000 to hire a consultant to kick start the work. However, AHS has since done the rest of the work in house, he added.

Although there have been costs associated with the initiative, Ehrkamp said the province expects greater savings to be had.

"We have already achieved success in this area as our current budget has a health care increase of three per cent, with even slower growth forecast for the following years," she said. "Under a series of former PC governments, health spending grew by an average of six per cent every year for 20 years."

The initiative will see the Foothills Medical Centre compared with the University of Alberta Hospital; and the Royal Alex with Rockyview General, Peter Lougheed Centre, South Health Campus, Grey Nuns, Red Deer Hospital and Misericordia.

The third group includes the province's rural health centres.

Police are looking for Carolina Del Carmen Perdomo (left) and Allan Edgardo Perdomo Lopez (right).

COURTESY CALGARY POLICE SERVICE

Police search for homicide connections

INVESTIGATION

Two relatives of slain child believed to be tied to incident

Jeremy Simes
For Metro | Calgary

Calgary police are on the hunt for two relatives believed to be connected to the death of a five-year-old boy in 2015.

On Thursday, the Calgary Police Service (CPS) issued a news release asking for the public's help to locate Allan Edgardo Perdomo Lopez and Carolina Del Carmen Perdomo in relation to the death of Eneas Emilio Perdomo.

The relationship between Emilio and the two people of interest are unclear, police said.

On July 17, 2015, Emilio died from his injuries after he was brought into the Alberta Children's Hospital suffering from wounds that family members attributed to numerous accidents.

Police said medical staff found bruising all over his body, later determining the injuries weren't consistent with the activities of a child his age.

Police said an autopsy was later completed, and found the child died as a result of multiple blunt-force trauma injuries.

"Investigators have been working closely with the Office of the Chief Medical Examiner since, and new medical evidence has helped police determine that this death was indeed a homicide," police said in the prepared news release.

Allan Perdomo Lopez is described as Hispanic, 56 years old, five-foot-nine, with a medium build, brown eyes and brown hair.

Carolina Perdomo is described as Hispanic, 49 years old, five-foot-one, with a medium build, brown eyes and black hair.

REPORT A LEAD

Anyone with information on the whereabouts of these individuals, or the death of Emilio, is asked to call the Calgary Police Service non-emergency line at 403-266-1234 or the Homicide Unit Tip Line at 403-428-8877.

> **Investigators have been working closely with the Office of the Chief Medical Examiner ... and new medical evidence has helped police determine that this death was indeed a homicide.**
>
> A statement from Calgary police

FUNDING

Largest pension plan makes great gains

The president of the Alberta Federation of Labour (AFL) is taking a few jabs at the former Progressive Conservative government, as the province's largest pension plan has since made great gains after the PC legislation almost dismantled it.

On Thursday, AFL President Gil McGowan said Alberta's Local Authorities Pension Plan (LAPP) hit 97 per cent funding, an increase of 12 percentage points from 85 per cent three years ago.

About two years ago, the former PC government argued that LAPP was "doomed," McGowan said, adding the new percentage shows the plans are well managed and important to have.

The growth is largely due to unfunded liability payments, where members pay about 3.5 per cent into retirement.

"It ensures the pension promise can be kept and the benefits they paid for throughout their working lives," McGowan said. "There are those in the business community or on the right side of the political spectrum that like to suggest workers and unions are always asking for more ... but nothing could be further from the truth.

"We put this money aside for our retirements and we want to make sure that this money continues to grow."

The Public Sector Pension Plan (PSPP), which McGowan said was also targeted by the PCs, released an annual report in June that also showed the pension is 99 per cent funded.

He said he wouldn't be surprised if the PSPP and LAPP reach 100-per-cent-funded status.

"These are two of the most well managed pension plans in Canada," he said.

JEREMY SIMES/METRO

Calgary misses out on top 25 business list

ECONOMY

Alberta cities dominate magazine's rankings

Brodie Thomas
Metro | Calgary

Canadian Business Magazine has released its annual top 25 list of places to do business in Canada, and despite a strong showing from Alberta, Calgary did not make the list.

Alberta cities took four of the top five spots on the list, with Grand Prairie ranking first overall, followed by Edmonton, Saskatoon (Sask.), Lethbridge, and High River.

The only other Alberta location to make the list was Spruce Grove, coming in at number 18.

Editors took a more empirical approach to the list this year, according to Michael McCullough, western editor for Canadian Business Magazine.

> **Small cities are sort of bending over backward to attract new businesses.**
> Michael McCullough

The editors of Canadian Business Magazine said Calgary's high rent costs may have been an Achilles' heel for Calgary in its ranking of best places to do business. JENNIFER FRIESEN/FOR METRO

They looked at a variety of measurable indicators in 20 categories, and came up with an overall point system based on those numbers.

"We've done in this in the past with more kind of subjective ways of selecting it. It's more mathematical this time than we've ever done before," said McCullough.

He was unable to provide Calgary's exact ranking on the list, saying they only published the top 25.

Coun. Ward Sutherland thought the list might have been fairer if the editors had grouped cities of a certain size together for comparison.

"Some of the cities that are in the top 10 — they're the size of Ward 1. So it's a nice report but I think there's a flaw in it," he said.

Sutherland noted smaller cities can achieve certain efficiencies that just aren't possible on a larger scale.

McCullough said big cities did suffer a disadvantage when it came to costs such as rent, and avoiding red tape.

"Small cities are sort of bending over backward to attract new businesses," he said.

The Calgary Chamber expressed some skepticism of the study's methodology.

"The fact that Toronto, Ottawa, Montreal and Calgary — who are some of the biggest economic engines in Canada — all don't make the top 25 really draws into questions the methodology and findings of this list," said Scott Crockatt, director of marketing and communications for the chamber.

He said these sorts of lists are a good reminder that Calgary is constantly competing on a national and global scale to attract business, but he's confident that businesses looking to relocate are still considering Calgary.

SOCIAL MEDIA

Police address video

Calgary police are responding with an explanation to another citizen-captured video of officers making an arrest.

This arrest happened Wednesday night outside the Nashville North tent on the Stampede grounds.

They said a heavily intoxicated man was stealing other patrons' drinks and refusing to leave the premises when confronted by on-site security.

Security staff told officers that multiple attempts had been made to get the man to leave the tent, but he refused.

As CPS officers were attempting to escort the man off the premises, he pulled away and grabbed the handle of the member's conducted energy weapon, which was on his belt.

Several officers began wrestling with the man in an attempt to get him to the ground and under control.

Daniel Joseph Maguire, 23, of England has been charged with resisting arrest and obstruction of justice. He is also charged under the Gaming and Liquor Act with failure to leave a licensed premises and causing a disturbance in a licensed premises. METRO STAFF

A screenshot from the video. TWITTER

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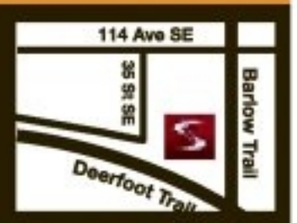

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ENERGY

New rules target toxic tailings ponds

The Alberta Energy Regulator (AER) has introduced new rules that it says will ultimately remove unsightly and toxic tailings ponds from the oilsands mining region of northeastern Alberta.

CEO Jim Ellis says companies with tailings ponds will face new reporting and progressive reclamation requirements, with all ponds to be removed within 10 years of the end of a mine's life.

The AER's new directive replaces tailings ponds regulations, put in place in 2009, that industry claimed it couldn't comply with. AER spokeswoman Tracie Moore says the earlier directive was suspended in March of 2015 and has now been rescinded.

Alberta Energy estimated oilsands mining projects had created about 220 square kilometres of tailings ponds by the end of 2013. The ponds are used to store water needed to separate heavy bitumen crude from sand and other impurities and contain water, silt, leftover bitumen and solvents. They have long been one of the industry's toughest environmental challenges.

Under the new rules, operators are required to submit fluid tailings management applications to the AER by Nov. 1. The applications are to be reviewed over the winter and a second version of the directive, with updated surveillance and compliance processes, is to be finalized by next spring.

Ellis says the new directive is based on consultation with a committee made up of oilsands operators, First Nations, Métis communities, oilsands region municipal officials and environmental organizations.

THE CANADIAN PRESS

Sydni Brix, 16, has been a member of SADD for four years.
LUCIE EDWARDSON / METRO

Impaired driving not cool: Youth

SAFE ROADS

Education steers teens to make smarter decisions

Lucie Edwardson
Metro | Calgary

Younger generations are learning sooner about the consequences of impaired driving and they're taking it to heart, according to Calgary police.

Staff Sgt. Paul Stacey of the CPS traffic unit said drinking and driving is becoming increasingly taboo amongst youth.

"It's not cool anymore," he said.

Stacey said in his 20-plus years as a police officer, he's noticed a decline in teens driving impaired, and said it appears years of education are finally paying off.

"Generationally I think that's where we're at," he said. "Sometimes it feels like you're beating that drum, beating that drum and it's falling on deaf ears, but it's not — for the old-school ones, maybe. But, generationally I think it's had an impact."

Greg Schmidt, who was a member of Students Against Drinking & Driving as a youth and now works for them, said this is largely due to education.

"We're seeing more parents who are talking to their kids about drinking and driving," he said. "We're starting the conversation earlier with kids, like 11 and 12, so that by the time they get to driving age they already know it's unacceptable."

Sydni Brix, 16, has been a member of Students Against Drinking & Driving (SADD) for the last four years. She said although this might be true, it depends on the person and who they hang out with.

"If you're in one group you might think 'whatever, it wont happen to me,' but if you're someone who is involved in SAAD and been around it then you know how serious it is," she said.

> **They might think, 'I'm invincible and no one can touch me,' but... no one is immune.**
> Sydni Brix on the dangers of driving impaired

Brix said she hopes her peers will continue to learn to take drinking and driving very seriously.

"They might think, 'I'm invincible and no one can touch me,' but they don't understand that no one is immune," she said.

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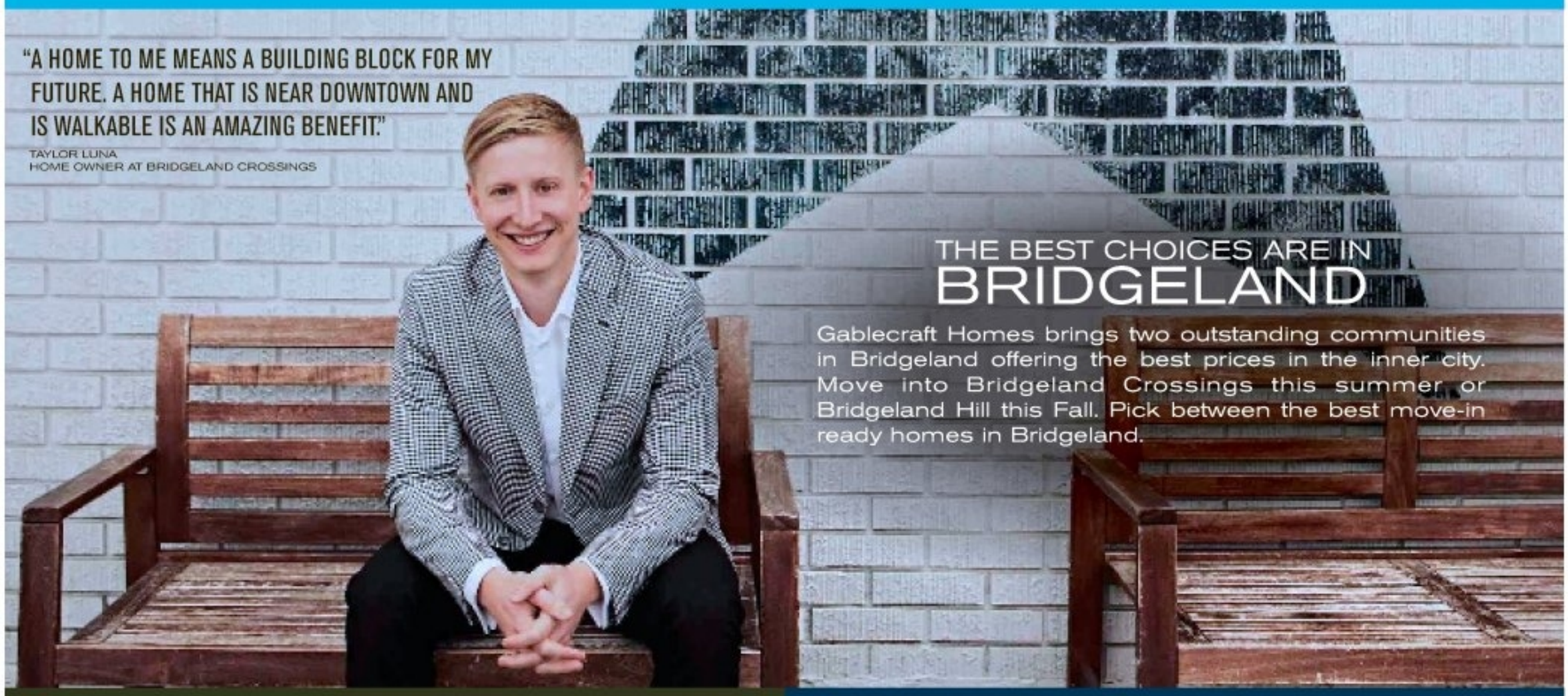

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Church-goers view less porn: Study

UNIVERSITY OF CALGARY

Porn can affect kids' sexual development: Researcher

Jeremy Simes
For Metro | Calgary

As a religious man who has occasionally watched porn, Kyler Rasmussen wanted to learn more about how going to church may have affected his upbringing.

Last week, University of Calgary researchers outlined a study that suggests young people who attend religious services are less likely to view porn.

Rasmussen, lead author of the study, said the increase in porn consumption as adolescents age isn't as drastic among young people who attend religious services.

He said the reason is largely due to specific morals that can be developed by community members who go to church.

"Just sitting in a pew and listening to a pastor speak is probably not the most important aspect of it," he said.

"What's probably more important is that you're internalizing what you're hearing, that you are able to take that into your life and care about it."

The study, conducted with data collected between 2003 and 2008 that surveyed young people aged 13 to 24, found that porn consumption spikes with age, especially among men.

The data obtained for the study was obtained from the National Study of Youth and Religion, which was spearheaded by researchers in the United States.

Alex Bierman, co-author of the study, said porn has a number of unhealthy images that could hamper the development of a healthy sexuality.

"I think the issue is that there's often a large history of misogyny in porn," he said.

"Sexual practices are commonly depicted that many people would not regularly engage on. The main issue is adolescents are learning and creating these practices that are perceived to be normal and expected."

Rasmussen said studies have shown a variety of negative effects for kids who watch porn.

If kids watch porn while growing up, "you're much more likely to think of women as inferior, essentially, and that women are only there for sexual pleasure and not for intimacy or love."

The Spesh, co-created by Joey Bogle, lets Calgarians know where they can score a good deal on food in the city.
JEREMY SIMES/FOR METRO

RESTAURANTS

The Spesh makes finding deals easy

When Joey Bogle ran a small bakery with his dad, he quickly learned advertising can be quite expensive.

That's partly why the local entrepreneur and his colleagues decided to launch The Spesh, a new smartphone app that lets Calgarians in on the city's restaurant specials.

The other reason he launched the app, Bogle said, is that people living on a dime still deserve to have a little fun during Calgary's economic slump.

"At the end of the day, we still want to go out and we still need to go out. You need to still have fun in a bad economy," Bogle said. "You can't just sit at home."

When you open the app, you'll notice Calgary's restaurants are placed in the respective quadrants they're located in, including downtown.

Once you select which quadrant you'd like to venture into, the app divides restaurant promotions based on happy hour, and beverage- and food-type. You then select the promotion-type to see what establishments are offering. You can also search for individual restaurants separately.

About 1,000 deal-finders and 140 restaurants have signed up, respectively, according to Bogle.

He said it can be difficult for locals to find deals because restaurants sometimes don't list their promotions online.

"We wanted to find a way to take the billboard in front of a restaurant and turn it into a platform that's easy and accessible," he said. "It also help those restaurants that are hurting a little; they can get that message out."

It also gives restaurants a medium to advertise their specials more affordably than purchasing ad space, Bogle added.

"We had a small bakery and it cost us $1,500 to get small advertising at a local gym. It's crazy," he said. "A part of this idea was to make this affordable."

If restaurants are interested in participating in The Spesh, they can reach Bogle via the application's social media sites. Registration is currently free for establishments, but a reasonable subscription fee will later be added, Bogle said.

"The feedback has been great," he said. "It's hard times, but we can get around this and innovate because Calgary is an innovative city." JEREMY SIMES/FOR METRO

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2015 Lexus RC350

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WEEKEND EVENTS

FRIDAY – Long Lunch Quick Reads
Celebrate a little literature with Doreen Vanderstoop, the fiction writer, singer, guitar player and storyteller — who's currently working on her first novel. A brand new story will be launched in a sun drenched room, followed by small group discussions. The annual event hosts new authors at Loft 112.

For more information, visit loft112.org.

SATURDAY – Chestermere Water Festival
Time to get wet at the annual Chestermere summer Water Festival. A day on the lake kicks off with a wakeboard competition, to allow the daring to test their skills. There will also be a fun zone for kids and for adults, with music, beer gardens and a rubber duck race.

For more information, visit chestermere.ca.

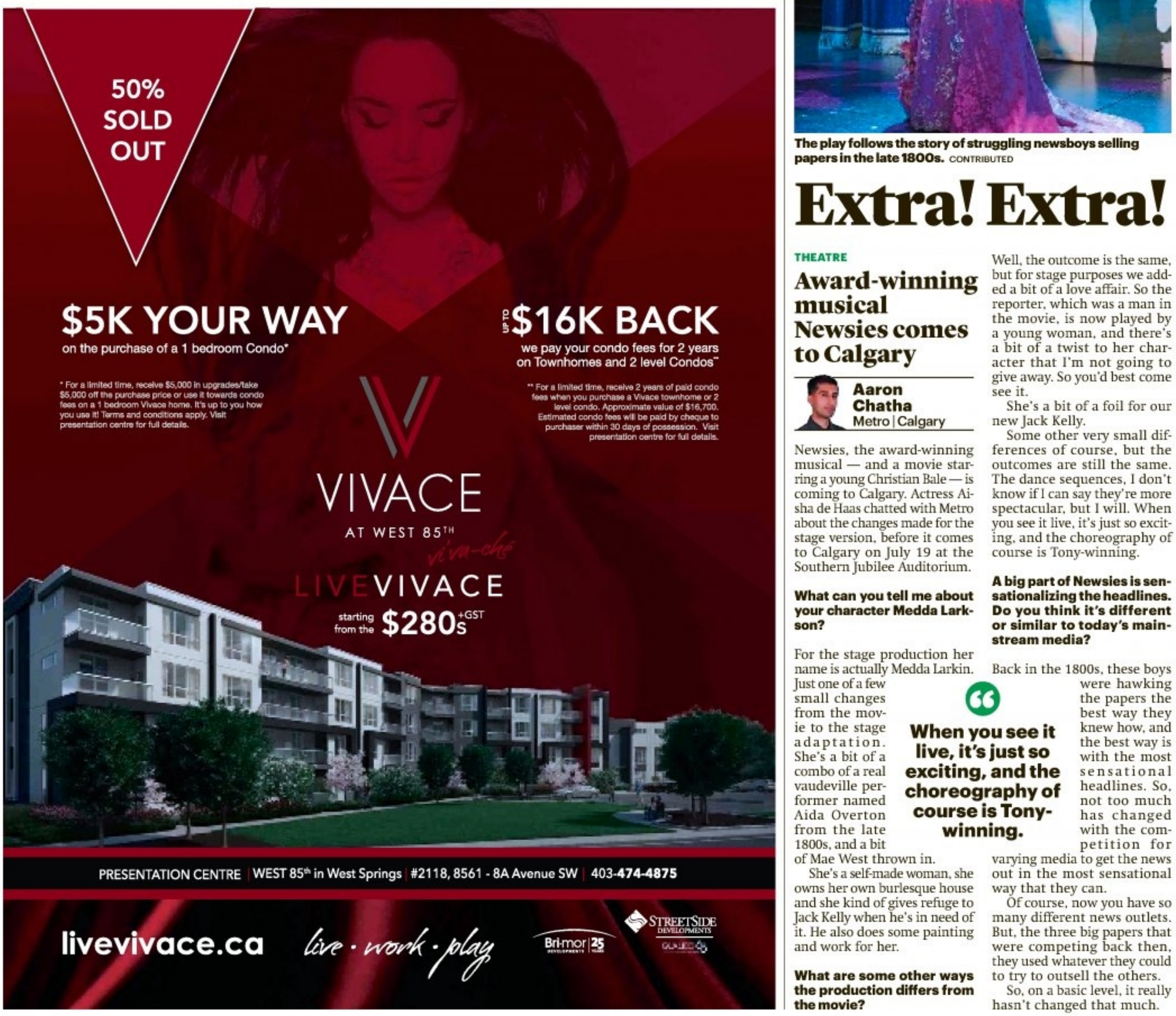
SATURDAY – Kite Festival
The city's first Kite Festival takes to the skies. The Realzim eSociety hosts a variety of kite-related activities, like kite workshops, demonstrations and flying contests. Don't be a Charlie Brown, get your kite in the sky while you catch some fresh air. There will also be trampolines and a bouncy castle.

For more information visit calgarykites.com.

SUNDAY – Parks Day and Creekfest
Celebrate Calgary's natural areas! Families are invited to learn how to protect our watersheds and respect the provincial park. There will also be a free performance and songwriting workshop, an outdoor yoga session and a fly fishing session — along with door prizes.

For more information, visit friendsoffishcreek.org.

AARON CHATHA/METRO



The play follows the story of struggling newsboys selling papers in the late 1800s. CONTRIBUTED

Extra! Extra!

THEATRE

Award-winning musical Newsies comes to Calgary

Aaron Chatha
Metro | Calgary

Newsies, the award-winning musical — and a movie starring a young Christian Bale — is coming to Calgary. Actress Aisha de Haas chatted with Metro about the changes made for the stage version, before it comes to Calgary on July 19 at the Southern Jubilee Auditorium.

What can you tell me about your character Medda Larkson?

For the stage production her name is actually Medda Larkin. Just one of a few small changes from the movie to the stage adaptation. She's a bit of a combo of a real vaudeville performer named Aida Overton from the late 1800s, and a bit of Mae West thrown in.

She's a self-made woman, she owns her own burlesque house and she kind of gives refuge to Jack Kelly when he's in need of it. He also does some painting and work for her.

What are some other ways the production differs from the movie?

Well, the outcome is the same, but for stage purposes we added a bit of a love affair. So the reporter, which was a man in the movie, is now played by a young woman, and there's a bit of a twist to her character that I'm not going to give away. So you'd best come see it.

She's a bit of a foil for our new Jack Kelly.

Some other very small differences of course, but the outcomes are still the same. The dance sequences, I don't know if I can say they're more spectacular, but I will. When you see it live, it's just so exciting, and the choreography of course is Tony-winning.

A big part of Newsies is sensationalizing the headlines. Do you think it's different or similar to today's mainstream media?

Back in the 1800s, these boys were hawking the papers the best way they knew how, and the best way is with the most sensational headlines. So, not too much has changed with the competition for varying media to get the news out in the most sensational way that they can.

> **When you see it live, it's just so exciting, and the choreography of course is Tony-winning.**

Of course, now you have so many different news outlets. But, the three big papers that were competing back then, they used whatever they could to try to outsell the others.

So, on a basic level, it really hasn't changed that much.

Tara Travis takes on the six wives of Henry VIII in Til Death. CONTRIBUTED

One actress, six different roles

SCENE YYC

Tara Travis takes on Til Death in Tudor nightgown

Aaron Chatha
Metro | Calgary

Hell hath no fury like six women scorned — especially when all six women are played by the same actress.

Tara Travis takes on the six wives of Henry VIII in Til Death, which will appear at this year's Calgary Fringe festival.

The play begins with his first wife, Catherine of Aragon, waking up in purgatory. She's soon joined by Henry's many other wives, so Travis is quickly forced to shape-shift and take on different personas as the women talk to one another.

"All the characters are in the room at once talking to each other — often in a rapid-fire conversation," said Travis.

Also, they're all in their undergarments.

"I do the whole show in this Tudor-style nightgown," she laughed.

The whole show is a bit historical, a bit cartoonish, in that at one point St. Peter parts the clouds and tells the wives only one of them can go into Royal Heaven.

"And Royal Heaven is just way better, so they all want it," Travis explained. "So they battle it out and, as they do, their stories are revealed — and surprising revelations are made."

The mandate of Travis's Monster Theatre is to investigate and re-imagine history. They make it bite-sized and trim out all the boring stuff.

As such, Travis had to research all of Henry's wives and break them down to create unique personas for them.

"I had to approach it as seven separate roles in many ways," she said. "I had to find a facial mask and voice for each character, and really get to know them based on what I knew historically."

Six wives, seven roles. Yes, Henry himself eventually shows up in purgatory — as played by Travis — and must confront the many wives he had executed.

Travis promises they all battle it out before arriving at a "surprising, but delightful conclusion."

Til Death runs at the Lantern Church Sanctuary during Calgary Fringe, beginning on July 29.

For more information, visit calgaryfringe.ca.

MUNICIPAL AFFAIRS

Weed-eating goats could come back for a second helping

The goats came as a surprise, but a welcome one to Coun. Jim Stevenson, who is giving the city parks department full reins on their return.

July 10 was the herd's last day in Confluence Park, and after a generous helping of public interaction the herd of goats, horses and pups packed up to greener pastures.

"The whole process was done very well, and I think from everything I'm hearing we'll accomplish what we wanted to do," said Stevenson.

> **The kids were happy to have them around.**
> Coun. Jim Stevenson

"Certainly the residents were happy, the kids were happy to have them around.... It's likely we want to do that same area again maybe in the fall."

Stevenson said the pilot surprised him, it "came out of the blue" and happened to land in his ward, but he said it sounded like a good way to treat weeds the natural way.

Now, the city is going back to analyze the results of the pilot before presenting options to city hall.

"It's up to our parks people, if they feel there are other places where they can make this work then I'm open to discussing it."

HELEN PIKE/METRO

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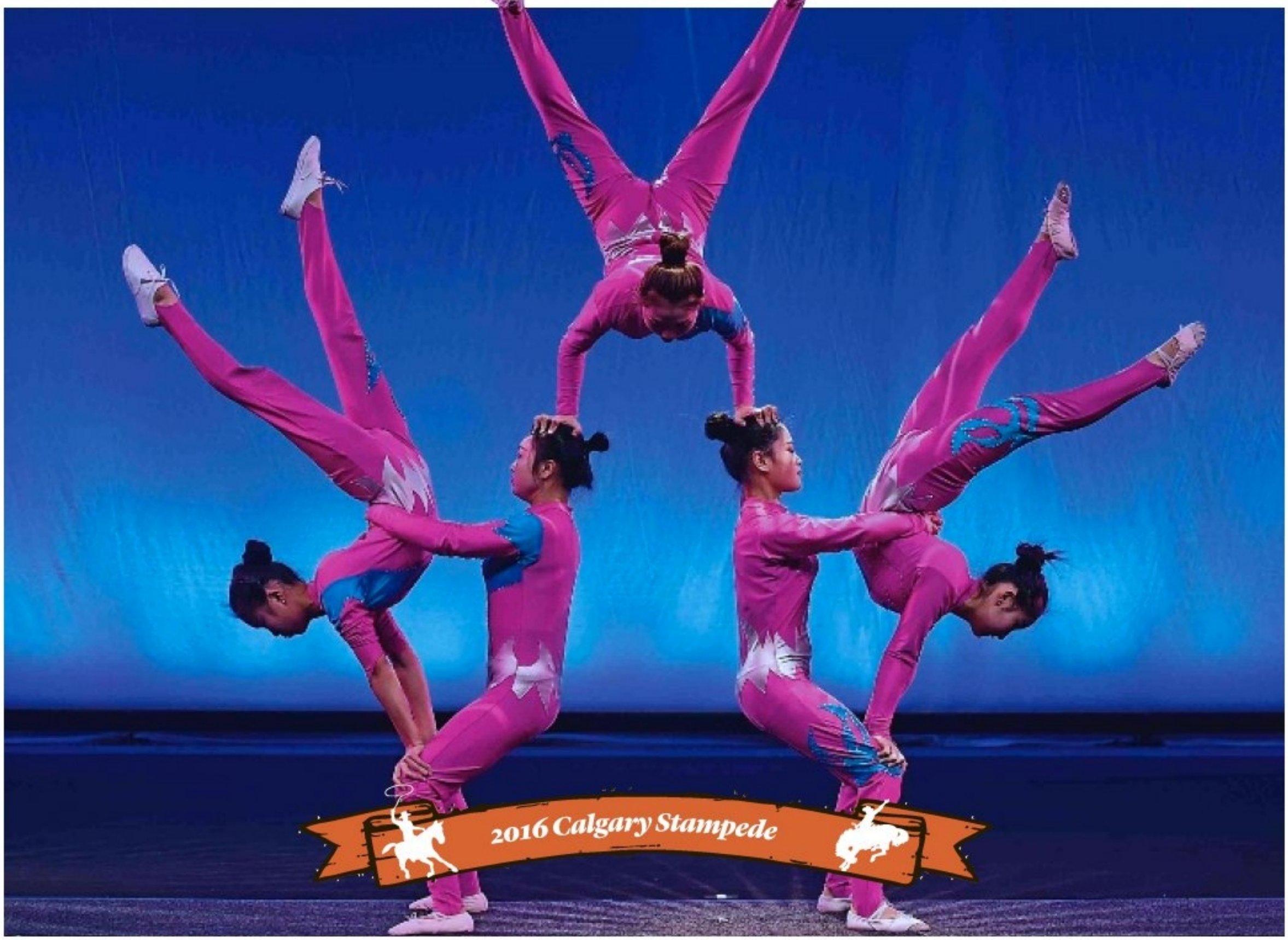

STRIKING AN ACROBATIC POSE

STAMPEDE PARK **The Peking Acrobats** perform at the Big Four on Stampede Park. Shows are running daily and have been a very popular attraction each performance. CANDICE WARD/FOR METRO

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ATTRACTIONS

Organizers ready for big final weekend

Jennifer Booth CONTRIBUTED

We're rounding the final corner and down the backstretch they come!

The Calgary Stampede has no shortage of things to see and do at the park during the final weekend.

Whether you haven't been down at all or you've been down every day, there's something for everyone — from the off-the-beaten path gems to the major attractions, according to Calgary Stampede spokesperson Jennifer Booth.

"The thing about the Calgary Stampede is it only comes around once a year and you can't do it all in one day so the final weekend is a great time to take in the things you didn't get to see yet," Booth says.

"There are lots of little hidden gems like the Western Showcase and the Co-Op Wine Garden as well as our agriculture exhibit, which is one of our iconic areas with a long, rich history and rural roots."

If you missed the rodeo, the chuckwagon races or the "Grand Spectacular" grandstand show, there are still tickets left for the weekend.

And who knows, you might just get an extra special fireworks display Sunday night.

"I think our fireworks display is always spectacular and we definitely try to use all of our fireworks so in case they throw a few extra in there, just keep your eyes to the sky," Booth said.

KRISTA SYLVESTER/FOR METRO

Kate Stevens is one of the top performers vying for the $10,000 prize in the Calgary Stampede Talent Search.

BENJAMIN LAIRD ARTS & PHOTO

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Top 24 vie for talent show title

ENTERTAINMENT

Winning contestant will receive $10,000 grand prize

Krista Sylvester
For Metro | Calgary

What started as 300 is now whittled down to the final 24 and at least one Calgary performer is hoping that the third time is the charm.

In 2014, 15-year-old Kate Stevens tried out for the Calgary Stampede Talent Search but she didn't make it through, trying again last year where she made it to the semi-finals and that gave her the insatiable thirst to come back this year in an attempt to make it into the Top 12.

> **This is a once-in-a-lifetime opportunity.**
> Shawna Robertson

"Last year everyone made it such a welcoming experience. I made a lot of great friends and I loved being in it so I wanted to come back this year," Stevens said, adding her style is "cookie-cutter pop folk singer-songwriter."

"I absolutely love to perform and I'm most comfortable when I'm on stage. I just love the energy of the audience and being up there with the band and it just makes me smile so hard."

Stevens, who has been singing since she was three-years-old and is trained in jazz vocals, is one of 13 semi-finalists who are from Calgary, which is well-represented in this year's competition.

The Calgary Stampede Talent Search Committee's Shawna Robertson says the Top 12 will compete for the title of Stampede Talent Search Champion and win a $10,000 cash Grand Prize.

"This is an once-in-a-lifetime opportunity for amateur performers and there's really no other competition at this level that offers the level of professionalism we do," she says, adding that each contestant gets to work with a full orchestra band.

While over 300 contestants auditioned, only 67 performers made it through and that number is about to dwindle to just 12 on Saturday where the finalists will be judged on execution, stage presence, creativity and overall impression.

All welcome to dance at powwow

INDIAN VILLAGE

Exhibition hosts dancers from a variety of cultures

Stephanie Joe
For Metro | Calgary

Although powwows are mostly an indigenous tradition, people from other cultures have been known to join the gathering.

The Indian Village is hosting powwows until Saturday and Melodie Hunt, along with her husband Steve Hunt, have been dancing all of their lives.

They have a friend in Saskatchewan who joined the powwow circle, and he is not of Aboriginal descent.

"First Nations culture is very welcoming for people that come to the circle, but you respect the protocols of each tribe," said Melodie, who dances in the Women's Fancy category.

Usually there's an initiation for the dancers and elders pray for the newcomers.

Melodie says she dances because she wants to show how proud she is of her culture.

"When I dance traditional, I really feel my grandparents and their teachings," she said.

Steve dances in the Fancy Men's category, and says he owes everything he knows to his grandpa.

"He taught all of our family to be rodeo people," he said, adding that they pay for everything including their outfits and travel for the powwow.

The Hunts help sew each other's outfits, which are intricate in beadwork and feather placement.

"I taught Steve how to sew, so he makes my dress," said Melodie, adding that their winnings from competing in powwows carry them.

"One year, we didn't have to come home because our winnings took us all over the place."

Vanessa Stiffarm, the 2016 Indian Princess, has been to her fair share of powwows and she's danced in most.

"I've been dancing since I was a baby and I come from a very powwow family," she said.

Steve Hunt and Melodie Hunt pose outside of the powwow stage before going up to compete. STEPHANIE JOE/FOR METRO

METRO ASKS:

Despite the rain, how would you rate Stampede this year?

KRISTA SYLVESTER FOR METRO

"It's been pretty good, it hasn't rained while I was here. It's a bit expensive but if you're here for the whole day it's worth it."

Kasey Floyd

"It's been so good. It's much sunnier than we expected and it's been really fun so far. Even the weather wasn't bad for us — yet."

Zoe Sihota

"It's about the same as it always is but it's a fun time for the family."

Trevor Thirsk

ALL PHOTOS KRISTA SYLVESTER/FOR METRO

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Caleb Bennett, professional bareback rider and Pool A leader in the Calgary Stampede rodeo talks to Metro about his workouts while on the road for 200 days a year. CANDICE WARD/FOR METRO

Athletes work out the cowboy way

EXERCISE

Participants hit the gym after their 8 seconds of rodeo fame

Candice Ward
For Metro | Calgary

For many professional rodeo athletes, it's no longer just about the eight second rides and then heading straight off to party, it is about putting in the hard work off the dirt too.

These elite athletes are now paying more attention to their overall health and putting more work into prepping for their rides, especially while on the road for a better part of the year.

Professional bareback rider Caleb Bennett from Morgan, Utah says that now more than ever, it is important to stay on top of his fitness because there are always younger and harder working athletes coming up who are doing just that.

"These young guys are now coming in and they are not riding and going to the beer garden, they are riding and drinking a recovery drink and going to get a rest and working out in the morning," says Bennett.

Although Bennett's goal is to last just eight full seconds on the back of a bucking horse, he puts in several hours per week into prepping for that moment.

Bennett says everything in his workout is focused on when he is riding — which means a full body workout each day.

"Me, I do everything every day when we ride bucking horses, it is a total body workout," says Bennett.

"I am using my back, my biceps, my abs, my shoulders, we are more core-focused than anything."

To get this full body workout, he does a bit of CrossFit, a lot of body weight exercises, some plyometric type mobilizing, balance exercises, and does a lot of skipping.

"Jump rope is huge for bareback riders, it speeds your feet up, your hand-eye coordination, kind of like boxers — it is all about being able to move."

And for Bennett, the extra hours of training have clearly been paying off as he finished on top of Pool A for the bareback competition at the Stampede rodeo.

With his excellent performance in the first round of the rodeo, he automatically advances to the finals on Sunday, where he will compete for a chunk of the $2 million in prize money.

ON THE ROAD

- Bennett travels for over 200 days a year.
- He will be completing against nine other athletes on Sunday for the bareback championship title.
- Bennett won the Calgary Stampede in 2013.

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Metro freelance writer Stephanie Joe digs into the Meatball Sub on a Stick, voted as one of the best new foods on the midway for 2016. CANDICE WARD/FOR METRO

Diving into the midway's top 5

FOOD

More than 30 new dishes debuted at this year's event

Candice Ward
For Metro | Calgary

With over 30 new foods hitting the Calgary Stampede midway this year, it is hard to know where to spend your hard-earned dollars to get the best taste for your buck. During sneak-a-peak night, a panel of 10 celebrity judges ate their way through the new food menu to determine the Best New Food on the midway (both in the sweet and savoury categories).

With the top five new foods revealed, Metro's freelance reporter Stephanie Joe took a bite of these new foods to bring the flavour to Metro readers.

The Teriyaki Chicken Perogies: $12 (Winner of the Best New Savoury Food)

•Located: International Perogies — across from the BMO Centre.

•SJ: The chicken is crunchy which is nice and you get a soft perogy with it. There is just enough sriracha mayo sauce and teriyaki sauce and it is not overpowering.

The sour cream really balances out the flavour.

Salted Caramel Deep Fried Coffee: $8 (Winner of the Best New Sweet Food)

•Located: Ogopogo Concessions — across from the Agrium.

•SJ: It is very sweet. It kind of tastes like a coffee donut with a hint of salt — just enough.

Meatball Sub on a Stick: $8

•Located: Pizza Casa — across from the Grandstand.

•SJ: It is cheesy. The meat is very flavourful nestled in between a warm blanket of dough. The crispy/melted cheese gives it a nice touch. The marinara sauce really completes the taste.

Sticky Toffee Bug Balls (covered in meal worms and crickets): $10

•Located: Beaver Balls — across from the BMO Centre.

•SJ: Interestingly enough, if you can get over the taste of eating bugs they leave a nice little crunch like nuts. The donut hole part is really nice and soft and cinnamony and sugary.

Waffle Cone (with green tea ice cream with Smarties and green Pocky Sticks and raspberry sauce and fresh strawberries): $10

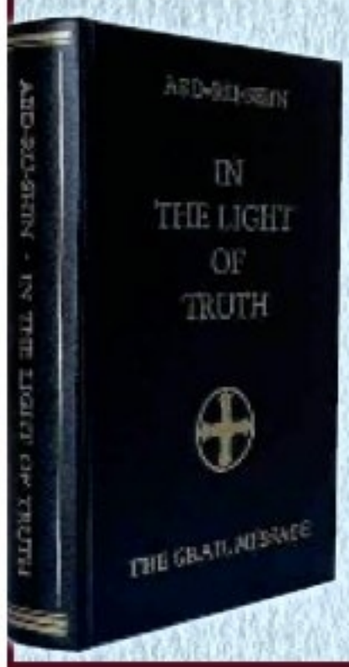
•Located: The Waffle King — across from the Big Four Building.

•SJ: It is a nice contrast between the cool ice cream and the fresh warm waffle. Because it is not as sweet with the green tea ice cream, the toppings give it just enough sweetness to feel like a treat.

Why is This Happening to Me?

A Lecture Based on the Work

"IN THE LIGHT OF TRUTH" – *The Grail Message*



Don't many of us find ourselves asking the above question reflexively, triggered by any number of factors – job loss, ill health, death of loved ones, relationship difficulties and any one of thousands of human heart griefs? Faced with adverse circumstances or conditions we often rebel, wishing the conditions away. But, is there a different question we should be asking? The question that opens us up to the seeds for our inner spiritual development present in all conditions? The question that if we summon the courage to ask, and then, listen, opens up for us pathways to such heights of insights that permit recognition of the gifts being offered us through all conditions and circumstances? A question that allows us in time to see how every condition holds within it the expressions of the love and goodness of the Source of All Life! The speaker will share insights on this practical question derived from his experiences with the work, 'In the Light of Truth", the Grail Message.

DATE: Saturday, July 30, 2016 PLACE/VENUE: Canadian Room, Sheraton Cavalier Calgary Hotel, 2620 32 Ave NE, Calgary, AB
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RESTAURANTS

Stampede crowd divided on mandatory Earl's tip charge

A decision by Earls Restaurants Ltd. to eliminate tipping at a downtown Calgary restaurant and replace it with a mandatory 16 per cent "hospitality charge" is stirring controversy.

The Vancouver-based restaurant chain rolled out the concept this week at its newly opened 10,000 square-foot Earls.67 and opinions were split among diners who waded through Calgary Stampede crowds to go out for lunch on Tuesday.

"I usually tip more, so this actually was cheaper," said Nicole Dyck as she exited the packed eatery. "The service was good, the food was good, so no problems, no complaints."

But Adam Haynes disagreed, saying the charge could take away the incentive to deliver good service.

"You know when you go to a restaurant and you get a table for 12 or more and they have an auto-grat? Generally the service is worse than if you have discretionary gratuities," Haynes said. "I'm against it."

Many restaurants across Canada have fixed gratuities for large parties or during certain events, but Earls deserves congratulations for "breaking new ground" in testing the idea for all servings at all times, said Mark von Schellwitz, Western Canada vice-president for Restaurants Canada.

Derek Mihalik, general manager with Earls.67 in Calgary, has been part of the restaurant's many pilot projects, like a 16 per cent hospitality charge, to see if they can be rolled out nationally. METRO FILE

> **I usually tip more, so this actually was cheaper.**
> Nicole Dyck

"I'm certain there's going to be some resistance from some guests who want to keep control over how much they tip or not tip," he said. "And certainly, there's maybe going to be some push back from some servers who may be taking home less gratuity income as a result." THE CANADIAN PRESS

"Indian Village" may be getting a name change in the coming years, but for now people can find their way to the village through the signage posted all over Stampede. The Indian Village is located in Enmax Park. STEPHANIE JOE/FOR METRO

Indian Village may be renamed

HISTORY

Chiefs, elders prefer phrases such as 'Native,' 'Aboriginal'

Stephanie Joe
For Metro | Calgary

For as long as the people in Indian Village at Stampede can remember, "Indian" Village has been the name and they've never thought to question it, but now there is talk that the name will be changed in the next 12 to 24 months.

Brian Auger, junior interpreter for the Indian Village, said that the elders like phrases like "Aboriginal" or "Native."

He says he's alright with the current name but wouldn't be opposed to a name change.

"I think it would be awesome, because I never thought it was going to change so I just went with it," he said.

Kim Black Kettle, interpretive program manager for Indian Village, said that she thinks the origin of the "Indian" name came from as far back as Columbus.

"When he first came here he thought he reached India and it came from that," said Black Kettle. "Now, (Indians) want to be called First Nations."

Black Kettle is happy to hear that a name change may be in the works.

"Times change and we're still making corrections from the past and people are still learning," she said. "I'm really glad to know that Stampede is now making those changes."

Cecilia Good Eagle, interpretive program supervisor for Indian Village, said that the name has been that way ever since she was a kid, but she's excited to hear that there might be a name change.

"I'm hoping (the new name is) something that relates more to our people, not that "Indian" Village doesn't relate to our people, but more of a First Nations' (word)," she said. "We didn't come from India."

50
Some owners at Indian Village have been attending the Stampede for 50 years.

Russ Sabo, the chair of the Indian Events Committee, said that the naming of Indian Village holds historical significance to the tipi owners, some of which have been coming to Stampede for 50 years.

"They're fine with the naming, but the Stampede recognizes that we want to be sensitive to First Nations' issues," said Sabo.

However, recently some of the younger tipi owners have suggested we look at a new name, said Sabo.

"That decision is going to be made largely by the tipi owners and the Stampede will support whatever that decision is."

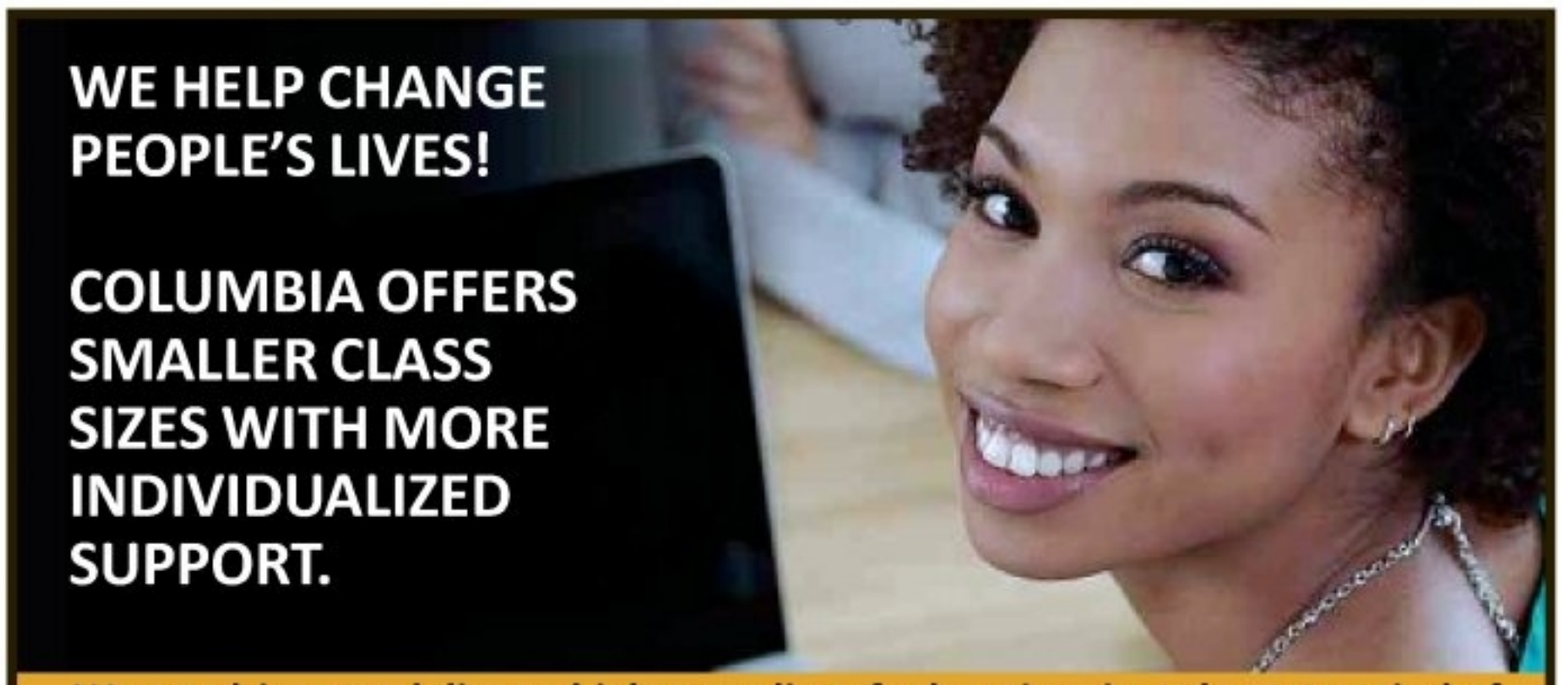
> "That decision is going to be made largely by the tipi owners and the Stampede will support whatever that decision is. Russ Sabo

STAMPEDE OF WEEKEND EVENTS

Last chance to get your Stampede on — and there's still tons to see.

- Dear Rouge will be taking the Coke Stage on July 15 at 8 p.m. and Glorious Sons at 9:30. You can find Gord Bamford on July 16 at 9 p.m. and Simple Plan on July 17 at 9 p.m.
- Nashville North will be hosting Washboard Union on July 15 at 10 p.m. Jojo Mason will be showcased on July 16 at 9 p.m. and Madeline Merlo at 10:30 p.m.
- On July 17 you can find the Nashville North All Star Band hosted by Jason Greeley at 9 and 10:30 p.m.
- Lady Antebellum takes the stage at the Scotiabank Saddledome on July 15 at 7:30 p.m. and comedian Jeff Dunham on Sunday at 7:30 p.m. Tickets can be purchased at ticketmaster.ca.
- Check out the Wine Garden in the Western Oasis at the BMO Centre from 11 a.m. to 11 p.m.
- The International Livestock Auctioneer Championships are taking place on July 16 in the Agrium Western Centre from 11:30 a.m. to 2 p.m.
- Catch the Hooves of History at the Agrium Western Event Centre from 5 to 6 p.m. on Saturday and 11:30 a.m. to 12:30 p.m. on Sunday.
- The Powwow competition ends on Saturday at 6 p.m. They begin at 3 p.m. so be sure to catch them on Friday and Saturday.
- Check out the Mott's Clamato Caesar House at the BMO Centre — Main Level from 11 a.m. to 11 p.m. daily.

STEPHANIE JOE/FOR METRO



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HEALTH CARE

Expand treatment for depression: Study

David P. Ball
Metro | Vancouver

Here's a depressing statistic: one in every 20 Canadians has the symptoms of major depression.

But even worse, fewer than half of them actually get even the most minimal treatment for the condition, according to a new study in the Canadian Journal of Psychiatry.

Its author Joseph Puyat, a researcher at the Centre for Health Evaluation and Outcome Sciences, examined data from Statistics Canada as well as B.C.'s medical billing records and found a huge gap between people's mental health and getting the help they need.

"People have suspected that we could do so much more to provide support and service," said the doctoral candidate at the University of British Columbia's school of population and public health. "But I didn't realize the magnitude or extent of the gap.

"We found that about 47 per cent of people diagnosable with depression are not getting adequate treatment."

When it comes to mental health, Canada's public system Medicare only covers psychiatrists and physicians — not psychologists, psychotherapists or counsellors.

Puyat said many front-line doctors either lack the time or aren't trained to offer therapy, while psychiatrists often have long waitlists.

"Antidepressants and counselling or psychotherapy are the first line of treatment for depression," Puyat said. "But if the treatment preferred is prohibitive, (patients) may forgo treatment altogether, which could lead to the worsening of symptoms.

Although those who can afford treatment can pay out-of-pocket to see a psychologist or therapist, financial constraints mean that for 80 to 90 per cent of patients with depression symptoms, a family doctor remains the primary care provided.

> The problem with depression is not just at the individual level. It has a lot of impacts economically and socially. Joseph Puyat

IN BRIEF

Snakes found in mail
A slithering surprise was discovered in a package mailed from China at the B.C. Canada Post distribution centre last week. A spokesman says three venomous mountain pit vipers were inside a package destined. Two of the snakes were dead, while the third had escaped its container and was found in a larger box. THE CANADIAN PRESS

Army headed for Africa
Canada's army will soon be bound for Africa, Canada's top soldier said Thursday, fuelling speculation that it will be deployed on a peacekeeping operation to control the spread of terrorism on the continent. "The army's been preparing for the future," said Gen. Jonathan Vance, the chief of the defence staff.
THE CANADIAN PRESS

April O'Neil, Ariana Nussdorf, and Julia Voth play Pokémon Go at Pershing Square in Los Angeles, Calif. Police in Canada and the United States are urging players to be safe while immersed in the game. AFP/GETTY IMAGES

'If you've gotta catch 'em all, do so safely'

AUGMENTED REALITY

Police warn against playing Pokémon Go while on move

Police forces across Canada are warning of the risks involved in playing augmented reality games such as Pokémon Go as reports mount of people getting injured or landing in trouble as they play the wildly popular game.

The cellphone-based game sends players into the real world to search for digital monsters known as Pokémon, who appear on screen when users hold up their iPhones or Android devices in various locations at various times.

While not officially released in Canada yet, many residents have found workarounds to access the game that's become a blockbuster hit since launching in the United States, Australia and New Zealand last week.

Police forces, however, are worried about the game luring people into potentially dangerous situations and are cautioning players to use their common sense.

In Quebec City, police said two officers suffered minor injuries when a car they observed driving strangely reversed into their cruiser in a parking lot.

"The driver said 'I'm sorry, I was playing Pokémon Go,'" said Const. Nancy Roussel, who said police are calling on players to be aware of their surroundings.

"Be careful, watch out, even if you are in a car, on your feet or on a bicycle, be careful and watch where you're going, please."

> Be careful, watch out, even if you are in a car, on your feet or on a bicycle, be careful and watch where you're going. Const. Nancy Roussel

Every time the Pokémon Go app is opened, a warning from game maker Niantic pops up, telling players to be aware of their surroundings. Players must also agree to fine print saying they cannot enter private property without permission.

There's also a disclaimer that says Niantic is not liable for any property damage, injuries or deaths that result while playing.

But despite the warnings, some people playing the game have wandered into private yards, driveways, cemeteries and, in one U.S. case, even an off-limits police parking lot in search of the app's cartoon monsters.

Some police forces have also been employing the hashtag #DontCatchAndDrive as players roam community streets.

"Please do not look for #Pokémon while driving. If you've gotta catch 'em all, do so safely. #DontCatchAndDrive," tweeted Edmonton police.

Winnipeg police and Manitoba RCMP sent out similar missives, urging players to be responsible.

South of the border, police in the U.S. have cautioned players that trespassers could get arrested or worse, especially if they cross paths with an armed property owner. THE CANADIAN PRESS

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3rd Property made $100,105
Total of $190,298 in profit in 6 months. Since then...
2 Cash Flow properties at $2,500/mth

JOHN COOKSEY

Attended Bus Tour Sept 2014
4 Properties purchased first 6 mths
1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

ELECTION

Americans fear their options

The vast majority of Americans say they are afraid of at least one of the two major candidates — Hillary Clinton or Donald Trump — winning the White House, a remarkable finding that reflects an unsettled nation unhappy with its choice.

Eighty-one per cent of Americans say they would feel afraid following the election of one of the two polarizing politicians, according to a new Associated Press-GfK poll. That includes a quarter who say it doesn't matter who wins: they're scared of both.

Three-quarters of voters say their pick for president is motivated by a desire to cast their Election Day ballot against Clinton or Trump, more than those who say they're voting for the candidate who shares their positions on the issues or is the most qualified to hold the office.

Said Dennis Fernandez, 67, of Florence, Ariz.: "If Hillary Clinton won, I'd probably consider suicide. I'm definitely not a fan."

And Lawrence James, 55, of Durham, N.C., said: "If Trump wins, well, we've already checked out Malta and New Zealand. I'm just not comfortable that he's not going to make rushed, uninformed decisions."

On the eve of the summer's political conventions, at which the general election campaign officially begins, the latest AP-GfK findings underscore the deep sense of unease that is sharpening the political divide in America and shaping an already nasty race for president.

THE ASSOCIATED PRESS

IN NUMBERS

The poll found Americans hold negative opinions of both candidates.

- **Fifty-seven per cent** have an unfavourable view of Clinton. Sixty-three per cent have a negative view of Trump.
- **Fifty-six per cent** of Americans said they would feel afraid and 48 per cent say they'd feel regret if Trump wins the White House. Just 22 per cent said they'd be proud and 26 per cent excited should America pick Trump on election day.
- **Clinton doesn't fare better:** If elected president, 48 per cent say they would be afraid of her and 46 per cent say they would feel regretful. Only 27 per cent of Americans would be proud of that choice, and 26 per cent would be excited.

A soldier stands next to a dead body covered with a blue sheet on the Promenade des Anglais seafront in the French Riviera town of Nice early Friday. AFP/GETTY IMAGES

A soldier stands guard in Nice. AFP/GETTY IMAGES

Police officers and a soldier stand by a sealed-off area in Nice. THE ASSOCIATED PRESS

'A scene of horror'

NICE, FRANCE

Truck ploughs through Bastille Day revellers, killing dozens

A truck loaded with weapons and hand grenades drove onto a sidewalk for more than a mile, plowing through Bastille Day revellers who'd gathered to watch fireworks in the French resort city of Nice late Thursday. At least 80 people were killed and 50 wounded before police killed the driver, authorities said.

Nice prosecutor Jean-Michel Pretre described a horrific scene, with bodies strewn about along the roadway and Sylvie Toffin, a press officer with the local prefecture, said the truck ran over people on a "long trip" down the sidewalk near Nice's Palais de la Mediterranee, a building that fronts the beach.

Wassim Bouhlel, a Nice native who spoke to the AP nearby, said that he saw a truck drive into the crowd. "There was carnage on the road," he said. "Bodies everywhere."

He said the driver emerged with a gun and started shooting.

Nice regional president Eric Ciotti said on France Info radio that "it's a scene of horror."

The Paris prosecutor's office opened an investigation for "murder, attempted murder in an organized group linked to a terrorist enterprise."

Images being broadcast across French media showed revellers running for their lives down Nice's palm tree-lined Promenade des Anglais. In what appeared to be evidence of a gun battle, photos showed a truck with at least half a dozen bullet holes punched through its windshield.

> "I saw bodies flying like bowling pins.... Heard noises, cries that I will never forget. Damien Allemand

It was not immediately clear who would have been behind an attack, but France has recently seen a spate of dramatic assaults from by jihadist groups, including the Daesh group that straddles Iraq and Syria.

President Francois Hollande said in a televised statement that all of France was under an "Islamist terrorist threat" and extended by three months a state of emergency that has been in place since the November attacks that killed 130 in Paris was to end July 26. The decision needs parliamentary approval.

"The terrorist character (of the attack) cannot be denied," he said.

Writing online, Nice Matin journalist Damien Allemand, who was at the waterside, said the fireworks display had finished and the crowd had got up to leave when they heard a noise and cries.

"A fraction of a second later, an enormous white truck came along at a crazy speed, turning the wheel to mow down the maximum number of people," he said. THE ASSOCIATED PRESS

PM offers sympathies

Canadian politicians are joining the outpouring of outrage and sympathy after a truck plowed into a crowd of people in Nice, France.

Prime Minister Justin Trudeau has tweeted that Canadians are shocked by the attack."Our sympathy is with the victims, and our solidarity with the French people," Trudeau said.

B.C. Premier Christy Clark tweeted that the incident is just horrible.

"Thinking of all those involved and their families," Clark tweeted.

THE CANADIAN PRESS

EUROPE

New government signals PM May is serious about Brexit

British Prime Minister Theresa May. AFP/GETTY IMAGES

Theresa May wanted Britain to stay in the European Union, but the government she unveiled Thursday leaves little doubt that Britain's new prime minister intends to fulfil voters' instructions and take it out of the 28-nation bloc.

May has appointed leading euroskeptics — including the unpredictable Boris Johnson and the formidable David Davis — to top international jobs in a cabinet that sweeps away many members of predecessor David Cameron's administration.

When she was running for the Conservative leadership, May promised that "Brexit means Brexit," and her appointments of Johnson, Davis and arch-euroskeptic Trade Secretary Liam Fox signal to EU leaders that, no matter what her own feelings, she will not be watering down Britain's commitment to leaving the EU.

Johnson, Britain's new foreign secretary, said Thursday it was an opportunity to be seized — "reshaping Britain's global profile and identity as a great global player."

On her first full day in office, May dismantled Cameron's affluent metropolitan clique, dubbed the "Notting Hill set" after the former prime minister's trendy West London neighbourhood.

Gone were Cameron allies including ex-Treasury chief George Osborne, Cameron's friend and neighbour and like him the product of an elite private school.

Gone, too, was Michael Gove, the justice secretary who many Tories believe betrayed former ally Johnson by running for Conservative leader himself.

Gove's replacement, Justice Secretary Liz Truss, and the new Education Secretary Justine Greening both attended state schools — as did May herself.

The appointment of Johnson, London's popular former mayor, as foreign secretary caused some consternation around the world.

Johnson's certainly not the obvious choice for Britain's top diplomat. He is internationally famous — but for rumpled eccentricity, Latin aphorisms and distinctly undiplomatic gaffes throughout his career.

THE ASSOCIATED PRESS

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Fintechs woo millennials

INVESTING

Firms trying to appeal to sense of social responsibility

Several start-ups in the financial technology sector have unveiled products or services in recent months that attempt to court millennials by appealing to their sense of social responsibility.

Online investment adviser WealthSimple launched a socially responsible portfolio about three months ago, and since then roughly 10 per cent of the robo-adviser's clients have signed up for that option, says founder and CEO Michael Katchen.

Several start-ups in the financial technology sector, such as this wind farm in Alberta, unveiled products to court millennials by appealing to their sense of social responsibility. THE CANADIAN PRESS

Socially responsible investing, or ethical investing, is the marriage of personal ethics with finance, and it's been growing in popularity in recent years, a trend believed to be fuelled partly by the values of millennial investors.

According to a report released last year by the Responsible Investment Association, more than $1 trillion of assets in Canada were being managed using at least one responsible investing strategy as of Dec. 31, 2013. That's up from $600 billion two years earlier.

A global study released by research firm Nielsen last year found that 73 per cent of the millennials it surveyed are willing to pay more for brands that are sustainable.

"Socially responsible portfolios really try and avoid investing in companies that don't have a good environmental, social or corporate governance record," says Isaac Schweigert, a portfolio manager and chief compliance officer at ModernAdvisor.

The online investment manager, or robo-adviser, launched early this year and offers socially responsible portfolios.

"We are based in Vancouver, which tends to be ahead of the curve on a lot of the socially responsible and ethical investing, and just social causes in general, so we wanted to be at the forefront of that on the investing side," Schweigert says.

One of the challenges with offering ethical investing options is that everyone's definition of an ethical investment is different, says Katchen.

"It's a massively subjective term," he says.

"Some people don't want to invest in tobacco or alcohol companies or gaming companies. Some people don't care about that but they just want to make sure that there's a board that represents diversity, or invest in the environment. So, first of all you have to come up with some definition of what this means, and also understand that it's not going to satisfy everyone out there, because it's impossible."

It isn't just investment managers that are trying to woo millennial customers with products focused on social responsibility.

Merchant Advance Capital, a technology-based online small business lender, launched a so-called impact loan earlier this month, offering lower borrowing rates to entrepreneurs who are looking to make a positive impact on their community or the environment.

THE CANADIAN PRESS

VIDEO GAMES

Nintendo unveiling a Classic

Andrew Fifield
Metro | Toronto

Nintendo has announced a release date for their next console, but it's not the enigmatic NX.

Instead, old school gamers can rejoice with the news that a mini version of the classic Nintendo Entertainment System is hitting shelves this fall, with a 30-game package that includes gems like Castlevania, Final Fantasy, Metroid and the first entries from the Mario Bros. and Zelda franchises.

The new hot NES will come equipped a replica of the original controller and an HDMI cable to plug the console directly into your TV. Two-player functionality will be available, and a second controller can be purchased for $12.99.

The console is geared exclusively to classic gaming, so players shouldn't expect any online connectivity.

The NES Classic hits stores on Nov. 11 for $79.99.

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Emojis of women at work approved

Women professionals will soon be better represented in emoji form. Google said Thursday that the Unicode Consortium, which controls emoji standards, has agreed to add 11 new emojis in response to Google's proposal in May to create a set of emojis "with a goal of highlighting the diversity of women's careers and empowering girls everywhere."

Among the new emoji characters is a doctor, a scientist, a farmer and a welder. The characters are available in male forms as well and can be customized for skin tone.

Google's original proposal said women — and those under 30 in particular — are the most frequent users of emojis.

The new emojis could be available on smartphones before the end of the year.

"We hope these updates help make emoji just a little more representative of the millions of people around the world who use them," Google said.

THE ASSOCIATED PRESS

Women professionals will soon be better represented in emoji form. CONTRIBUTED

SURVEY

Canadians losing faith in meeting financial goals

A new poll from CIBC suggests that some millennials and Generation Xers are losing confidence in their ability to meet their financial goals over the next year.

CIBC says 73 per cent of the Canadians it polled say they are confident they will meet their financial goals over the next 12 months — down from 80 per cent in December.

THE CANADIAN PRESS

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MELTS IN YOUR MOUTH In a bid to save endangered Montana ferrets, U.S. drones may drop peanut butter M&Ms laced with a vaccine against ferret plague.

THE POWER PLANT OF THE FUTURE

Swiss scientists at the Laboratory of Nanoscale Biology have designed the teeny-tiniest power plant ever. They published their experiment this week in the journal Nature. They harnessed **osmosis — the natural movement of molecules from high concentration to low concentration across a membrane** — to generate electricity.

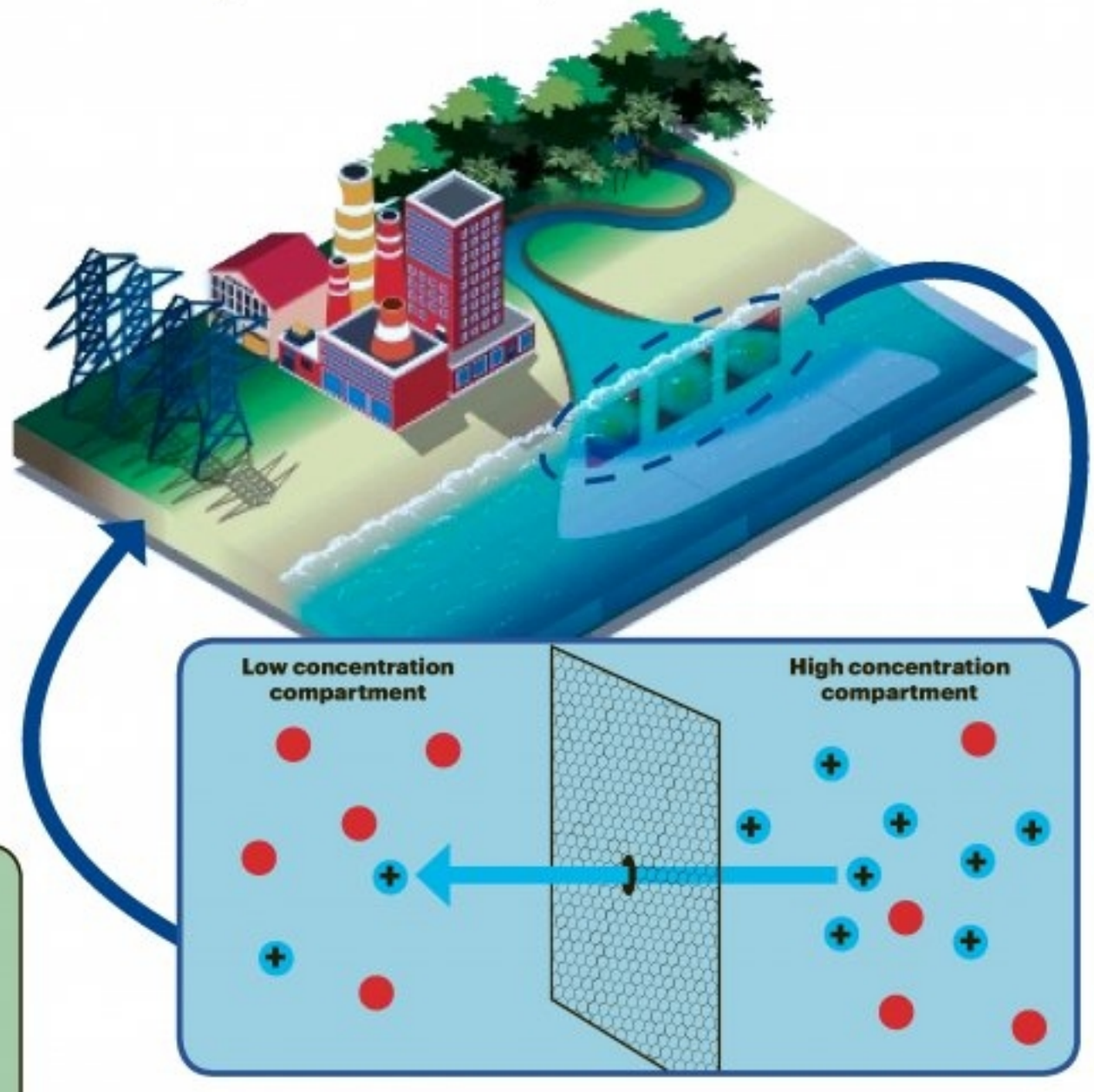
HOW IT WORKS

The scientists built a tiny device with two fluid-filled compartments, one with a high concentration of a dissolved salt and the other with a low concentration. The fluids are separated by a membrane just three atoms thick made of a compound called molybdenum disulfide.

1. The membrane has a tiny hole called a **nanopore**, just big enough for the salt ions to pass through. The pore is negatively charged.

2. The positive salt ions pass through the pore, moving from the high-concentration compartment to the low one. The pore repels negative ions.

3. So, negative charges build up on one side of the device and positive charges on the other. That movement of charges is **electricity**! Researchers said the resulting electric power was enough to run a tiny transistor.



THE POTENTIAL

In real life, fresh water comes in contact with salt water every day in **estuaries**, where rivers meet oceans. If giant membranes could be installed at the juncture, capturing the osmotic power of salt moving from high concentration to low concentration, the result could be a reliable source of renewable energy. Unlike the wind (doesn't always blow) or the sun (doesn't always shine) the ocean is always there.

GRAPHICS: ANDRÉS PLANA/METRO

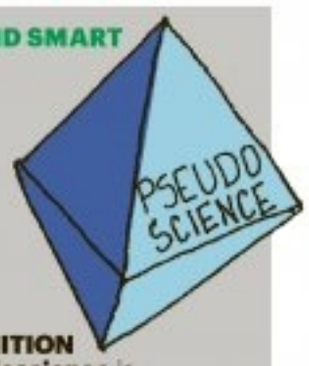
FINDINGS
Your week in science

ISTOCK

POSITIVE NEWS

Good news for loved ones of people infected with HIV: As long as your partner is taking their meds as directed, you're going to be OK. That's according to a large study of 888 couples with one HIV+ partner and one who is not infected. The study found not one new case of HIV among the negative partners, though they were regularly having sex without condoms. All the HIV patients were taking anti-retroviral therapy, and the levels of virus in their blood were at or near undetectable levels. Though 11 of the negative people caught HIV, none of them got it from their partner.

SOUND SMART



DEFINITION
Pseudoscience is information or research that doesn't use the scientific method, but is dressed up to seem like real science. **Pseudoscience** often uses scientific words, fake "experts" and misleading statistics, charts or graphs.

USE IT IN A SENTENCE
Cheryl's house is full of healing crystals and homeopathic remedies. And she's inhaling ions from her salt lamp again. I don't have the heart to tell her it's all **pseudoscience**.

CITIZEN SCIENTIST by Genna Buck

Is hate part of human nature?

Everyone is a little bit racist. It's scientifically proven, right? — D.B., Winnipeg

Yes, the evidence suggests most people, at least unconsciously, have a not-so-nice view of marginalized groups like African-Americans and gay people. Social scientists call this **implicit bias**, and there's significant controversy over how it's measured.

A popular way to measure bias, including racism, is an implicit association test (IAT). It's a computer game that works something like this: You sort images (of black or white people) and words (like "great" or "horrible") into two categories, "Black/Unpleasant" and "White/Pleasant." Then the categories switch to "Black/Pleasant" and "White/Unpleasant."

If you're faster at sorting when black is paired with unpleasant, the program gauges it's more automatic for you to think that way. Therefore, you have a higher degree of implicit bias against black people. In a popular IAT available online from Harvard, 70 per cent of participants are biased against black people.

Though it's been used for decades, many experts question if the IAT is valid (if it really measures what it's supposed to) and reliable (if its results are consistent).

I tried a little reliability test of my own. I did the Harvard IAT online. It found I have "moderate" preference for white people over black. Two hours later, I tried again, throwing in a confounding factor: blasting an upbeat song. Only "slightly" racist this time.

I'm skeptical of IAT, and not because it called me racist (I live in this racist culture of ours after all). I have a hunch that it's used not because it's the best metric, but because it's straightforward and cheap. Naturally, it's a gross oversimplification of racism: a messy, centuries-old phenomenon.

For studying complicated stuff, nothing beats long-term qualitative research like in-depth interviews and anthropological studies. It's expensive, but it's irreplaceable.

Science Question?
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MOVIES MUSIC TELEVISION DIGITAL

The mystery of a great muse

IN FOCUS

Paul Feig, Melissa McCarthy make magic in movies

Richard Crouse
For Metro Canada

Director Paul Feig talks with Kristen Wiig, Kate McKinnon, Melissa McCarthy and Leslie Jones on the set of Ghostbusters, which opens this weekend. CONTRIBUTED

Consider the muse.

Alfred Hitchcock made three of his greatest films with Grace Kelly and tried to lure her back to the big screen long after she retired. Martin Scorsese and Leonardo DiCaprio have a seemingly unbreakable cinematic bond and the world of movies would be far less interesting if Werner Herzog and Klaus Kinski had never met. John Ford and John Wayne inspired one another to do their best work and Tim Burton and Johnny Depp's shared eccentricities gave us unforgettable nights at the multiplex.

Muses inspire their directors to aspire to new heights, to push the limits of their creativity.

Add another to the list: Melissa McCarthy.

Over the course of four films — including this weekend's Ghostbusters — she has upped director Paul Feig's game and in turn he gave her the roles that broke her out of the TV sidekick treadmill and turned her into a big screen star.

"It's not even like we go, 'We've got to do the next movie together,'" Feig says.

"It's just that suddenly the next movie will pop up and I'm like, 'You know who would be great for this?' So it's funny that people think we have an agenda to keep doing this."

Agenda or not, their creative chemistry is undeniable.

Feig describes McCarthy's audition for the first film they made together, Bridesmaids, as a "religious moment." She was less sure.

MOVIE RATINGS by Richard Crouse

Ghostbusters	★★★
Captain Fantastic	★★★
Equals	★
The Dark Stranger	★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

"The whole ride home from the audition," she says, "I was thinking, 'I got too weird. Should I turn the car around and do that cheesy actor thing of I can do it better! Give me another shot!'"

The director cast her in the scene-stealing role of Megan — imagine a feral, female Guy Fieri — and it was her flashpoint.

Her wonderfully weird performance, complete with sexual hijinks and an explosive bout of diarrhea —"It's coming out of me like lava!" — stole the show out from under other, better-known stars like Kristen Wiig — and earned her an Oscar nomination.

Next up for the dynamic duo was The Heat, an odd couple, buddy cop movie set in Boston co-starring Sandra Bullock.

McCarthy plays a tough-talking street cop who forms an unlikely alliance with the uptight Sandra Bullock to bring down a murderous drug dealer.

The role riffed on McCarthy's signature character, the aggressive but damaged comedic persona.

"I've played a lot of characters who are very vocal, very aggressive," she told me in 2014.

"For the women I've played there is a reason why they are so ballsy and it is nice when you see the crack in the veneer and you realize, 'It's part of their insecurity. They stay loud so nobody yells at them.'"

In Spy, McCarthy reined it in and left behind the aggressive but damaged comedic persona she'd cultivated in films like Identity Thief, The Heat and Tammy.

Feig knows when to let McCarthy off the leash — there are some wild slapstick scenes here — but he also knows when to pull her back and let the script do the work.

This week McCarthy headlines Feig's all-female Ghostbusters reboot alongside Bridesmaids co-star Kristen Wiig.

Will that be their final collaboration? Don't count on it.

Feig is reportedly writing a Spy sequel as we speak.

"She's so good," he says, "and we just really have the same sense of humour.

"So it's just such an easy fit."

GHOSTBUSTERS

Screenwriter brings the heat to reboot

Like most kids of the 1980s, Ghostbusters played on a near constant loop in screenwriter Katie Dippold's home. For one Halloween, her mother even made a Slimer costume — not for the children, for herself.

"It's actually pretty good," Dippold, 36, said, wondering aloud if she was too young to be watching so many scary movies. "It may be why I'm a neurotic writer."

At the very least, it established a lifetime affinity for the spooky, which she got to meld with her comedic sensibilities when Paul Feig asked her to write Ghostbusters, out Friday.

"There was a moment when they were making the final deals and I remember thinking, 'would it be the worst thing if it fell apart? Is this going to be too much?"' Dippold said. "It still hasn't really hit me."

She'd cut her teeth writing for MADtv and Parks and Recreation before making a big screen splash with the original comedy The Heat, which Feig directed with Melissa McCarthy and Sandra Bullock starring.

Costing only $43 million to make, The Heat grossed $229.9 million globally in 2013. It's the kind of success that can secure a screenwriter a place at the table when a studio wants to pour $150 million into resurrecting a dormant franchise with a new cast.

"She's very specific. She doesn't write typical jokes," Kristen Wiig said. "In real life she's just a funny, nice, easy going person. That shines through in her writing." Next up is a mother/daughter road trip comedy with Amy Schumer and Goldie Hawn. It's currently shooting in Hawaii and set for release in May 2017.

As she waits to see how the public receives Ghostbusters, she's looking forward to a little break. She's cautiously optimistic about the idea for a sequel, too, which has been left open-ended.

"I'm envious of the original Ghostbusters for a billion reasons, but one being what that must have been like not knowing what it was going to be. There was no pressure, no bar. They were just making a crazy movie where they were fighting ghosts and having a good time. It made me really anxious to create something completely new," she said. THE ASSOCIATED PRESS

Screenwriter Katie Dippold speaks onstage during the AOL Build. CRAIG BARRITT/GETTY IMAGES

The Ghostbusters Abby (Melissa McCarthy), Holtzmann (Kate McKinnon), Erin (Kristen Wiig) and Patty (Leslie Jones). CONTRIBUTED

'Busters backlash boils down to nostalgia: Reitman

FILM

Producer hopes movie will help with gender clichés

As Ivan Reitman sees it, much of the premature Ghostbusters reboot backlash that's splattered across social media like Slimer ectoplasm is due to nostalgia.

When the female-led reboot of Reitman's 1984 comedy was first announced in August 2014, some fans objected to both the idea of a new version and one featuring women. Then when a trailer emerged last March, the video garnered substantially more "dislikes" than "likes" on YouTube.

"When we released the very first trailer, it hit me: Well, you've got this large population of mostly men who are now in their late 30s or early 40s, they saw Ghostbusters when they were like eight or nine years old and remarkably, it became kind of an important film in their lives," says Reitman, who produced the reboot. "On one hand it was this amazing compliment to the movie, to me. But now there's this great fear that somehow we're going to screw up this thing and this love," adds the Toronto-raised filmmaker, whose other credits include Animal House and Meatballs.

"Particularly when we released the first trailer, however good or bad it may have been — and it was somewhere in between those two things — there was no way for that minute and a half to capture what was burning in the hearts of these people who held that movie dear to their hearts."

It's a similar issue when it comes to the negative reaction over the female cast, he adds.

"Gender issues are really complicated and they have more to do with society, obviously, than with film, per se," says Reitman.

"I'm hoping in some small way that this Ghostbusters contributes to tearing down those clichés or those stereotypes. But my instinct was that the issues ... go beyond gender politics and had a lot to do with just regular people's love of something and not wanting to see it soiled."

Reitman is hopeful fans will be satisfied when the new flick hits theatres on Friday.

He says feedback from a recent preview in Toronto was positive. He also got positive feedback from original cast members Bill Murray, Dan Aykroyd, Annie Potts and Ernie Hudson, who appear in the reboot and watched it together in a private screening.

"I came in at the end and they hugged me, even Bill hugged me," says Reitman, noting that was one of the happiest moments of his life. THE CANADIAN PRESS

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On designing The Dark Stranger

CANADIAN FILM

Director plays with notion of depression incarnate

Steve Gow
For Metro Canada

For a Canadian filmmaker, just getting a movie made is an accomplishment in itself. So first-time director Chris Trebilcock is thrilled about his cinematic debut — even if he's also a bit wary.

"A purist part of me would long to go back to the '70s and '80s where you could release a film in the theatre and it could be there for weeks slowly building word-of-mouth. Now it's gone in a week if it doesn't have a huge opening weekend," said the Toronto-based filmmaker behind The Dark Stranger — an indie summer drama that lurks in the shadows of box-office behemoths such as Ghostbusters.

But while his nail-biter about a young artist tortured by the eponymous spirit that surges from fiction into real life will surely see a successful digital release later this month, The Dark Stranger does debut in theatres today — a triumph for the humble David Cronenberg-inspired thriller.

"I just started with this idea of a young woman in a house," said Trebilcock about his original idea evolving into something much more tangible.

> I just started with this idea of a young woman in a house.
> Chris Trebilcock

"It morphed into this story about an artist dealing with depression, and what if the depression actually had a form — it was an actual adversary, a person."

Trebilcock admits it was a hard sell for financiers, but the premise soon caught on as an exciting "elevated genre" film — an important distinction for the young director.

"Without it sounding too syrupy, I hope it also carries a message that all people have it within themselves to defeat their dark strangers," added Trebilcock.

One of the keys to overcoming that terrorizing dark stranger was casting The Killing's Katie Findlay, whose nuanced performance is not only gaining much attention but promotes the long tradition of strong female protagonists in the male-dominated thriller genre.

"(Filmmaker) Brian de Palma once said that having a female protagonist in a thriller — you care about them more than if it was a male protagonist presumably because our assumptions are women are more vulnerable than men — although that perception is rapidly changing," said Trebilcock.

"When I wrote it, it wasn't any type of calculation — it just felt right that it was a female protagonist."

THE CRONENBERG CONNECTION

"From a young age, I've always loved horror movies," admitted Trebilcock. "David Cronenberg was a huge influence and the way he would blur lines between what is real and unreal in his movies like Naked Lunch and Videodrome."

Trebilcock said he'd love to have a similar career to that of the iconic director, who's made films in Canada (Cosmopolis) as well as America (Videodrome, The Fly).

"I wouldn't say no to other options but I hope staying here is the first option."

The Dark Stranger is a nail-biter about a young artist tortured by an eponymous spirit. CONTRIBUTED

World devoid of feeling triggers high emotion

Directing Kristen Stewart and Nicholas Hoult in Equals brought back Drake Doreumus's childhood experience of being drugged to control his ADHD. CONTRIBUTED

MOVIES

Filmmaker finds himself affected as he directs Equals

Filmmaker Drake Doremus had a harrowing childhood experience in the back of his mind as he directed Kristen Stewart and Nicholas Hoult in Equals, out Friday.

The story of a futuristic society in which human emotion is considered harmful reminded him of the prescription drugs that robbed him of some of his feelings growing up.

"I was diagnosed with ADHD at a very young age and went on Ritalin and Dexedrine and all that crap, and I think maybe in a way, this is sort of my backlash against that, in a sense," he says.

"I definitely feel frustrated by essentially growing up taking speed for a large portion of my young life.

"It's kind of insane. It seems kind of ridiculous. I would never do that to my kids. God bless my parents, they were doing what they thought was best."

But it was a subconscious awareness he had while making the film, he adds.

"It wasn't like, 'Oh, I have a statement to make.' I'm not a political filmmaker and I don't necessarily have an agenda in that sense. But yeah, I definitely feel like I can relate to what that feels like and how upsetting that is."

Equals features a society in which human emotion has been seemingly eradicated genetically.

Those who display feelings are diagnosed with Switched on Syndrome and are considered a danger. If they engage in "coupling activities," they're sent to a treatment facility.

Stewart and Hoult's characters find themselves facing that fate as they begin to develop feelings for each other.

Though the story is set in the future, it relates to today's world in which relationships often unfold in a disconnected manner online, says Doremus.

"It is a reflection of human beings today, very much so, in an age of Internet dating," says the native of Orange County, Calif., whose other films include Like Crazy.

"There really is such a lack of organic human connection. It's scary to think of 10, 15 years from now, the algorithms and the devices that will bring us together."

Doremus held workshops with the cast a week before shooting in Tokyo.

The goal was to try to strip down their emotions and "everything we've been raised with."

"We started doing exercises where, for hours, they couldn't feel anything and they had to have conversations — or not talk at all," he says.

"Then we did really cool truth exercises where everything was just the exact opposite and it was so honest and there were no barriers."

Doremus shot as much of the story in order as possible so that the stars couldn't touch each other until their characters actually did so.

In some scenes, he let the cameras linger on the two for a while as their characters discover how it feels to touch another human for the first time.

"Those are the beautiful moments and they're both so wonderful that for me, it was easy to just linger and not interrupt," says Doremus.

"We would do 20-, 25-minute takes where sometimes they wouldn't even say anything and they would just get lost and forget where they are, and then I'd come in and tweak something or guide something or play a piece of music."

Stewart and Hoult are among the most in-demand actors of today, but "neither of them are very Hollywood at all," says Doremus.

"They're both just awesome, cool people, so it's funny to think about that.... They're so talented and there's just not that many actors working today in their mid-20s that have value and that are doing things for the right reasons, and both of them really are.

"They really care about the work and they care about the people and they care about the family that comes together to make a movie."

THE CANADIAN PRESS

> **There really is such a lack of organic human connection. It's scary to think of 10, 15 years from now, the algorithms and the devices that will bring us together.**
> Drake Doremus

THE TV DINNER JESSICA ALLEN

Spoiler alert: these four new Ghostbusters are all women. The Neanderthals who couldn't process that, we can dismiss.

Two things occurred to me on Sunday night when Simon and I re-watched the original 1984 Ghostbusters — a film we've collectively seen dozens of times but not in the last decade: first, it wasn't as funny as we remembered, and second, Dr. Peter Venkman, played by Bill Murray, is not just a scientist: he's a stalker.

Although we didn't finish the movie, we polished off an entire pepperoni pizza from Maker Pizza, along with 10 of the best chicken wings I've ever consumed. The shop, tucked away on a side street near Queen and Spadina, hasn't so much re-invented the takeaway pie: they've just crafted one that delivers everything you want from a pizza today — and then some that you didn't even know you craved.

Much like the remake of Ghostbusters, which opens Friday, although I enjoyed a sneak peak on Monday night. The movie, which sees director Paul Feig reunited with Melissa McCarthy for their fourth summertime comedy, stars McCarthy and Wiig as friends Abby and Erin whose childhood obsession with the paranormal resulted in a co-written book: "Ghosts From Our Past: Both Literally and Figuratively." No wonder that when the out-of-print publication resurfaces it gets in the way of Erin being tenured at Columbia. Two current SNL players round out the cast: Kate McKinnon is the eccentric engineer Jillian and Leslie Jones plays Patty, a subway attendant highly versed in the city's lore. (The actress may have had some difficulty finding a dress for the remake's New York City premiere, but she has no difficulty stealing every scene she's in.) Chris Hemsworth as Kevin the secretary, who has difficulty walking, talking, and answering a telephone — but he sure is pretty — rounds out the cast.

THE MOVIE: Ghostbusters

THE MEAL: Pizza from Maker Pizza

Listen, the plot is pretty much poppycock. But so too was the original's. Maybe that's on account of both Ghostbusters being kids movies. (The original was rated PG while the remake, which is scarier, is PG-13.) And while the remake lacks some of that ad-libbed charm that Murray provided, it is funny: my head was so light from laughing that I nearly floated out of my seat.

Spoiler alert: these four new Ghostbusters are all women. The Neanderthals who couldn't process that, we can dismiss. Others, however, expressed disdain over the remake being a symptom of the bankruptcy of Hollywood. But Hollywood has been retelling stories for a while now, and some of those retellings, I think, are better than the originals: The Thing, True Grit, The Bird Cage, Heaven Can Wait, to name a few.

The arguments about Ghostbusters — about the validity of remakes, about the creeping revenge of marginalized groups that somehow taint or diminish the original product that apparently belongs to another group (mostly obtuse white males) — would be insipid in the best of times. After the events of the last few weeks, the fact that anyone has excess anger or outrage to spare over Ghostbusters with vaginas is staggering.

Jessica Allen is the digital correspondent on CTV's The Social.

TV BRIEFS

Canuck spies thrilled with The Good Wife

It's among the most secretive agencies in Canada. But one project officer at the Communications Security Establishment, the electronic spy service, was "very excited" about seeing the CSE portrayed in an April episode of the popular CBS television series The Good Wife.

Internal emails obtained by The Canadian Press under the Access to Information Act reveal the drama captured the attention of the CSE.

"Just wanted to share something with you all," wrote the project officer — whose name was deleted for security reasons — the morning after the program aired. "At our meeting last week we were talking about how nice it would be for TV shows to mention CSE ... well ... last night I was watching a show that I never watch, The Good Wife, and CSE was mentioned about 2-3 times."

THE CANADIAN PRESS

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Case 3: James, 26, suffered from facial dermatitis for many years. He went to see doctors, but dermatology drugs with hormones didn't help. With Jian Pai Skin Healer, his face became smooth and clear in 10 days. He had only one relapse in two months, and hasn't suffered from facial dermatitis for the past 9 months.

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Scientists say they can relate to Ghostbusters

GENDER ISSUES

'It means a lot to see yourself represented on-screen'

Kris Abel
For Metro Canada

Rachel Ward-Maxwell, left, astrophysicist at Ontario Science Centre and Alex Leitch, creative technologist Site 3 coLaboratory. KRIS ABEL

Ward-Maxwell and Leitch have hopes the female-fronted Ghostbusters will inspire young girls to be interested in the sciences. CONTRIBUTED

Ghostbusters is the first adventure led by women from the field of science and technology. I asked astrophysicist Rachel Ward-Maxwell from the Ontario Science Centre and creative technologist Alex Leitch, co-founder of Site 3 coLaboratory, to attend a screening. They loved it.

Leitch: I loved the original Ghostbusters. It was great. As an adult? It's not the movie that it was when I was a kid. This movie is the movie I really wanted it to be. It means a lot to see yourself represented onscreen. The way that everybody related to each other really reminds me strongly of my circle of friends from the MakerSpace scene.

Ward-Maxwell: Having films where you see women in science, in particular in this film a team of women scientists, and it's emphasized quite often in the film that they are scientists and they believe in the scientific method. It's like watching a super hero movie, like The Avengers, but it is a woman, who is a scientist, who is rescuing another woman, who is also a scientist. It's just so...mind-boggling, I hope it becomes the norm.

Leitch: I tried to buy the glasses that Kate McKinnon wears throughout the movie last summer, because I weld things and they are delightful. I really associate strongly with the characters who run towards danger and run towards trouble and machines. In my previous career I have definitely built crazy-light beam weapons that are incredibly dangerous (laughs).

Ward-Maxwell: I could really relate to Kristen's character. At the beginning, she's working towards her tenure at Columbia University, she's a theoretical physicist, she's practicing her lecture in an empty classroom, trying to present herself in a way that is authoritative to her students. I do have some experience working with super computers, which are cool, and also some pretty powerful telescopes.

Leitch: I really believe that this movie, at the very least, will give us a brand new crop of amazing Makers who are women and friendly to women, both of which really matter a lot. I am optimistic it will get us an amazing generation of engineers.

Ward-Maxwell: I definitely think we're going to see lots of young girls dressing up like Ghostbusters, which is about time. I think it's going to be awesome, I think it can be very aspirational, not just for young girls, everybody, to see not just a great cast of women, but a great cast, not just a great group of female characters, but a great group of characters be on a wonderful adventure. They talk about how they're physicists. For me, as a physicist, that's something very rare. I think that might allow young girls to take an interest.

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Sam Suchmann, left, and Mattie Zufelt pose with ghoulish figures at Sam's home in Providence, R.I. Suchmann and Zufelt, best friends with Down syndrome, premiered their movie Spring Break Zombie Massacre last week. AP PHOTO/ELISE AMENDOLA

Best friends bring dreams to life in epic zombie flick

RHODE ISLAND

Pair with Down syndrome are enjoying new celebrity status

Two best friends from Rhode Island are living their dream of making an epic zombie movie and becoming celebrities.

Sam Suchmann and Mattie Zufelt, both 20, have Down syndrome.

"Down syndrome causes us to think slower than others, but we don't let that get in the way," Suchmann says. "Because we're naturally amazing."

Their movie, Spring Break Zombie Massacre, premiered in Providence last week, and they've been invited to several film festivals in North America. They were also set to appear Thursday on Conan O'Brien's show.

The friends like movies and zombies and thought they could make a better zombie movie than some already out there. Zufelt hopes their movie proves why a book shouldn't be judged by its cover. He asks people to "look at the contents."

The two friends play brothers in the movie, two cool guys with bionic powers capable of saving humanity forever. The devil chases them through high school, college and spring break, trying to steal their powers and turning bullies into zombies and demons to help him in his quest.

They're often chugging soda, which they absolutely love.

One of their favourite scenes comes at the end of the movie when Paul "DJ Pauly D" DelVecchio, a hero to Zufelt, makes a cameo appearance at a boat party that's attacked by zombies. Zufelt, who dreams of being a DJ, jumps on the turntable in a final battle with the devil.

"My character, he's a straight badass," says Zufelt, whose DJ nickname is "Mattie Mixer."

DelVecchio, a Rhode Island native, says he was intrigued and taken back by how much they wanted him in the movie. He says it was such a "dope" project and he loved their story, so he signed on.

"You could tell they had a passion for this. This was something they really wanted to do," he says. "And it just goes to show you that anybody that can put their mind to it, can get something this big done. ... They worked so hard and it came out great."

Suchmann, of Providence, and Zufelt, of Bristol, grew close after they met while swimming in the Special Olympics during elementary school. They started working on the movie about five years ago. A Kickstarter campaign for the movie raised about $70,000 in late 2014.

Suchmann's older brother, Jesse, asked his high school friend, filmmaker Bobby Carnevale, for help. Carnevale directed the movie. He, along with editor Tim Forster and producer Suzy Beck, convinced others in the industry to volunteer their time and equipment. They filmed the 45-minute movie in Rhode Island over two weeks in August.

> **You could tell they had a passion for this. This was something they really wanted to do.**
> Paul DelVecchio (DJ Pauly D)

"Every day I learned something about life, about humanity, people, about what's important," Carnevale says. "It really was a life-changing experience for me and for everyone that came to meet Sam and Mattie."

Suchmann and Zufelt's friends acted in the movie and worked on it. Some have Down syndrome and others are on the autism spectrum. But Jesse Suchmann says, "This is not just proving people with Down syndrome can do this, too. ... If it was a bunch of professional filmmakers with no differing perspectives, we would've ended up with something way, way lamer. It would've never been this awesome."

The friends are already planning for a sequel and they've been filming a documentary about how the movie was made.

THE ASSOCIATED PRESS

Meet the hero of HBO's new murder mystery

HBO SERIES

The Night Of demonstrates actor's gift for authenticity

James Gandolfini was cast in the lead role in the pilot episode of The Night Of filmed in 2012. But the series was recast with John Turturro after Gandolfini died . CONTRIBUTED

In the security line at a Manhattan courthouse, Jack Stone empties the pockets of his floppy overcoat and piles the plastic bin to near capacity. A lawyer always on the run defending hookers and drug dealers, he bares his life for the X-ray with a stash that includes his keys, Purell, business cards, breath mints, cream for his eczema — and a hard-boiled egg.

This fleeting scene early in the second episode of The Night Of tells you much about Stone, the hero of HBO's dark and irresistible murder mystery.

It also tells you something about John Turturro, who plays him so masterfully.

"That hard-boiled egg — it gives me a lot of joy," he says, flashing his signature lopsided grin. No wonder. It was his idea (and his own boiled egg, a snack he often brought to the set). And however wide the gulf between him and his character, he sensed that it would be a telling prop for Stone, "who didn't seem the type to eat granola bars."

Stone appeared only briefly in last week's debut of the eight-episode series.

In that opener, Naz, a Pakistani-American college student (Riz Ahmed, Nightcrawler) "borrowed" his father's cab to go to a party, but en route met with a distraction — an alluring young woman who ended up brutally murdered in her Manhattan bedroom, with all the evidence implicating Naz, her overnight guest, as the killer.

A veteran NYPD detective (Bill Camp, 12 Years a Slave) caught the case. Naz began his life-changing incarceration.

But not before Stone, who ran into Naz getting processed at the precinct house, had scored a career breakthrough: his first murder client.

That episode, the series' pilot, was filmed in 2012 with James Gandolfini set to star. After his sudden death a year later, the project was shelved. Then it was revived with Turturro in the lead role and Gandolfini's brief scene reshot. (Gandolfini, a friend who starred in Turturro's 2005 film, "Romance and Cigarettes," retains a posthumous credit as executive producer.)

With this week's episode, Stone comes into his own — as does Turturro. Accordingly, The Night Of tightens its grip with the same addictive properties of true-crime podcast Serial and the Netflix docuseries Making a Murderer. Co-created by Richard Price (The Color of Money, The Wire) and Steven Zaillian (Schindler's List), it lands Turturro in a role that, once again, demonstrates his peerless gifts for authenticity and the unexpected as previously displayed in such films as Barton Fink, Quiz Show, The Big Lebowski and O Brother, Where Are Thou?

> **You have to keep people's attention. That's your job. Your audience is tired by the end of the day. You have to keep them awake.** John Turturro

Now 59, Turturro grew up in a working-class Italian household in Brooklyn surrounded by family members he remembers as larger-than-life. The acting bug seemed to come from an urge to entertain his friends the way he loved amusing himself: "Even when I played basketball, I'd invent the character who was playing." And, early on, he sussed out a key principle of acting: "You have to keep people's attention. That's your job. Your audience is tired by the end of the day. You have to keep them awake."

In his first school play, "I didn't know what I was doing," he recalls, "but I realized I could hold their attention."

Recognizing that wasn't enough, he continued to explore the actor's craft, including enrolment in the Yale School of Drama.

Even now, after more than three decades, he's still learning.

"Every time, it's new," he says. "But by now you have the confidence that you will figure it out, that you'll find what's truthful and what's not."

To prepare for The Night Of, he met with a variety of lawyers, "some successful, some not so much, and eventually I felt like I got lost in what I was doing. That's what you strive for."

In Turturro's hands, Jack Stone has carved out an acceptable if marginal life for himself representing clients from whom cash is usually demanded (though, according to his ads in subway cars, there's No Fee 'Til You're Free).

The case of this young murder suspect could mean a better-than-usual payday. But there's more than money driving Stone this time. Despite telling Naz, "The truth can go to hell, 'cause it can't help you," he begins to see this as a righteous cause. The system is stacked against Naz in every way. Stone demands justice for his client who, rightly or wrongly, he believes in.

Stone sustains his air of implacable nobility even while tormented with unsightly, itching eczema on both feet, a condition that obliges him to plod about in sandals, even in the courtroom, and draws stares wherever he goes.

"Any trouble with your feet changes your whole posture," says Turturro, who found a certain lumbering gait to suit Stone's plight. He also needed character-appropriate sandals, which he found at a shoe store promoted as a "foot comfort centre."

"Then every day we had to do the makeup," he says with clear sympathy for what his character endured. "It was disgusting."

It gets everyone's attention, all right.

But as with any performance by Turturro, that's only the start.

THE ASSOCIATED PRESS

Stars back Keys in racial justice video

BLACK LIVES MATTER

Celebs lay out 23 reasons to continue fight for equality

Alicia Keys and a host of other celebrities, including Beyoncé, Bono, Rihanna, Taraji P. Henson and Chris Rock, appear in a powerful video released Wednesday that describes "23 ways you could be killed if you are black in America."

The video made the social media rounds after its release on Mic.com, spawning its own hashtag, 23Ways, and thousands of shares and comments. In black and white, it juxtaposes 23 artists with photos of 23 black victims of violence, with each star noting the acts that led to their deaths, mainly after interactions with police.

Many of the deaths led to intense anger and frustration among African-Americans, and kicked off protests that grew into the Black Lives Matter movement.

In an interview Wednesday, Keys said she was inspired by a Mic.com story earlier this month written by Jamilah King under the headline 23 Everyday Actions Punishable by Death if You're Black in America.

> **Each and every person I reached out to responded so quickly. They were feeling exactly how I'm feeling.** Alicia Keys

It was written after Alton Sterling was killed by police in Baton Rouge, La., after an altercation caught on video by a bystander.

The story's approach, listing everyday things like laughing, sitting in your car, attending a birthday party, was Keys' call to action.

"It was just so powerful because it was all just so trivial," she said. "I just felt so devastated and frustrated and angry, saddened and disappointed. Those are the same feelings that we all feel."

Keys said it was easy to round up enough of her famous artist friends to hit the 23 mark.

"Each and every person I reached out to responded so quickly," she said. "They were feeling exactly how I'm feeling and they were just ready."

Keys begins the video with, "Failing to signal a lane change," followed by a photo of Sandra Bland, who died in jail after being stopped by police during a traffic stop (authorities ruled it a suicide).

Beyoncé is next up with, "Riding in your girlfriend's car with a child in the back," and an image appears of Philando Castile, who was shot by police last week in Minnesota; his girlfriend livestreamed the aftermath.

Chris Rock stares into the camera to say, "Running to the bathroom in your own apartment," followed by the face of Ramarley Graham, an 18-year-old shot in the Bronx by a police officer in 2012.

Pink, Bono, Janelle Monae, Adam Levine, Common, Queen Latifah, Kevin Hart, Jada Pinkett Smith, Jennifer Hudson and Keys' husband Swizz Beatz are among the other artists to appear.

Keys and her We Are Here organization call at the end of the video for signatures on a petition demanding President Barack Obama and Congress to work for "radical transformation to heal the long history of systemic racism so that all Americans have the equal right to live and to pursue happiness."

In a few hours, the online petition had nearly 50,000 signatures.

"When we get 100,000 we're going to walk that petition directly to the White House," Keys said. "I'm going to get as many as those 23 as possible."

THE ASSOCIATED PRESS

Alicia Keys called on her famous friends to speak out in a video titled 23 Ways You Could Be Killed If You Are Black in America. The Mic.com release mentions last week's back-to-back deaths of Alton Sterling and Philando Castile. THE ASSOCIATED PRESS

Nick Cannon recently came clean with the release of Divorce Papers. THE ASSOCIATED PRESS

Cannon dishes on Divorce Papers, Drake

Q&A

Mariah Carey's ex says writing personal music is 'therapeutic'

After spending years as tabloid fodder, Nick Cannon has recently started volleying back.

The ever-busy entertainment multi-hyphenate — an actor, rapper, comedian, record producer, artist manager, America's Got Talent host and, seriously, consumer electronics impresario — recently cleaned out his closet with the release of the Divorce Papers freestyle, a response to persistent reports that he was prolonging split proceedings from ex Mariah Carey.

Well, the tune also touches on his beef with Eminem, his grandfather's death, how he and Carey will handle dating and, ultimately, the pain of being separated from his kids.

And given that he annotated the lyrics himself with further detail on Rap Genius, he's certainly not shy about opening up.

"It's really therapeutic for me to go to a personal place," he said in a telephone interview from New York. "I've found a new solace in it."

Cannon was calling Torstar News Service — not that he needs a reason — to talk about his participation in the Moores Canadian Suit Drive, a July campaign to collect lightly used suits for those in need. But it's just one of many balls he has in the air.

Do you remember your first suit?

I grew up in church, so I've got baby pictures with me in three-piece suits. But I do remember the first suit I picked out on my own. It was for my Grade 6 graduation. It was a purple double-breasted suit with shoulder pads. To me, I felt like I was young MC Hammer. It was the most stylish suit I had ever owned. You couldn't tell me nothing. I might even have danced across the graduation stage.

> **I felt like I was young MC Hammer. It was the most stylish suit I had ever owned.** Nick Cannon

You recently broke the rules as America's Got Talent host to make sure a 90-year-old strip-teasing widow advanced. Why were you so impressed?

A 90-year-old strip-teasing widow — I love how you describe her. This lady said she wanted to be a star and that's her dream. To be 90 years old, I'm like: all right, I'm gonna give you that opportunity. I'm going to stop the show and make confetti fall, because you deserve it.

I know you and (judge) Howie Mandel perform comedy shows together. It seems like you're actual friends off-camera?

Yeah, me and Howie are super cool. I've learned so much from him. He's a comedic legend. He's done so many remarkable things.

I've even seen pictures of you hugging him (despite his mysophobia). You're allowed?

He doesn't like being touched. I get to get a little closer to him than most. But he still shies away from any form of human contact.

You lost to the Canadian team in the NBA All-Star Celebrity Game in Toronto. Did you know the guy from Arcade Fire (Win Butler) was so good at basketball?

(Laughs) I didn't. I mean, that was crazy, right? He was up there getting his Steph Curry on.

How did Toronto do as host?

Oh man, it was dope. I loved every aspect of it. It was cold, I know that. Other than that, everything was super amazing.

You starred in Chi-Raq last year and Spike Lee's still being criticized (by artists including Chance the Rapper).

Oh man, I was standing firm. Spike is my big brother. I was right by his side. It's interesting because those (critics) are my peers, those are guys I see and talk to frequently. Spike is one of the best town criers ever. He gets people having that conversation. Now that there's so much focus on the city of Chicago, I believe Spike accomplished his job. I'll be in Chicago again this week for a peace walk in those same communities where (people) are killed every weekend. I see it as a duty.

Obviously you know something about battle rap (from hosting Wild 'N Out). Who won the Drake/Meek Mill beef?

I mean, the world knows who won. When your diss record is nominated for a Grammy, it's hats off. There's no contest.

TORSTAR NEWS SERVICE

Strong female voices vying for top album

CANADIAN MUSIC

Polaris Music Prize shortlist includes Carly Rae, Grimes

A lineup of prominent female voices including pop singer Carly Rae Jepsen and electronic songstress Grimes are vying for this year's Polaris Music Prize.

Both Jepsen's Emotion and Grimes' Art Angels were on the short list revealed Thursday for best album of the year from a Canadian artist. Women played a prominent role in six of the 10 nominated projects.

Many of the albums that didn't make the cut also happened to be some of last year's biggest sellers. Releases from Justin Bieber, Drake and the Weeknd were all part of the Polaris long list revealed in June, but were eliminated from contention.

Among the other women nominated are Basia Bulat for Good Advice, Jessy Lanza for Oh No, and female-led groups U.S. Girls for Half Free and White Lung for Paradise.

Bulat's nomination marks the third time she's been a finalist for the Polaris prize, putting her among an exclusive club of Canadians that include Caribou, Drake, Metric, Owen Pallett and Shad.

Jepsen's album was her followup to the breakout success Kiss, which was buoyed by the massive hit Call Me Maybe. While Emotion failed to deliver the sales of its predecessor, it was embraced by several music critics who called it one of the best albums of 2015.

Rounding out this year's short list are Black Mountain's IV, Pup's The Dream Is Over, Andy Shauf's The Party and rising producer Kaytranada's 99.9%

Kaytranada, who is based in Montreal, began his career as Kaytradamus and has slowly built a reputation in the hip hop community. His album includes appearances from a number of underground artists like Anderson Paak, Little Dragon and U.K. singer Craig David.

Nominees were whittled down from a longer list of 40 albums revealed a month ago — a list that itself was narrowed from 183 qualifying albums.

THE AWARD

The Polaris Music Prize is awarded to the artist or group that created the best Canadian album of the previous year, irrespective of genre or sales. The winner is chosen by a panel of journalists, broadcasters and bloggers.

The winner will be awarded $50,000 on Sept. 19 at a gala presentation held at Toronto's Carlu. A webcast will be hosted by CBC Music and Aux.tv.

Last year, folk icon Buffy Sainte-Marie's album Power in the Blood won the prize.

THE CANADIAN PRESS

Although singer Carly Rae Jepsen's 2015 album Emotion failed to deliver the sales of her sophomore album, Kiss, music critics embraced it as a top contender for this year's Polaris Music Prize. MATT WINKELMEYER/GETTY IMAGES

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WOOD AUTOMOTIVE GROUP

Networks lose ground in Emmy nods

NOMINATIONS

New platforms continue to produce winning shows

Game of Thrones, above, ruled the Emmy nominations with 23 nods, while black-ish, top right, scored a best comedy series nod and two nods for its stars. Veep, right, was the leader in comedy with 17 nominations. CONTRIBUTED

Power-and-blood fantasy saga Game of Thrones ruled the Emmy Award nominations Thursday with a leading 23 bids, including best drama, while a real-life epic of murder and celebrity, The People v. O.J. Simpson, was close behind with 22 nods.

Game of Thrones, which won a record 12 Emmys last fall including best drama, gets the chance to claim its second top award. Veep, last year's best comedy series winner, also will get another shot at holding office and, with 17 nominations, was the comedy leader.

Breakthrough nominations include a best comedy series nod for sophomore black-ish, which brought the African-American family sitcom back to network TV, with bids as well for its stars, Anthony Anderson — who helped announce the awards live on Thursday and read his show's name with glee — and his co-star Tracee Ellis Ross.

"I'm on cloud nine right now," Anderson said afterward. "When hope becomes reality, that's what it is. I was just a nine-year-old kid growing up in Compton, California, with a dream and this is the dream that I had."

They were among a number of black actors recognized by TV academy voters, who have started to keep pace with TV's growing diversity — in sharp contrast to moviedom's Academy Awards, which were slammed as "Oscars So White" this year.

Viola Davis, the How to Get Away with Murder star who last year became the first woman of colour to win a best drama actress trophy, was nominated again. So was Empire star Taraji P. Henson.

Each of the major acting categories included at least one minority nominee. But there were no major nods for the stars of Fresh Off the Boat or other Asian-American actors, or for Latinos, which has been a recurrent Emmy pattern.

Networks have reason for concern as well. In the increasingly crowded TV universe, traditional broadcasts again lost Emmy ground to emerging platforms, including streaming services Netflix and Amazon, both of which boosted their tallies.

Game of Thrones and Mr. Robot will compete with Better Call Saul, Homeland, House of Cards, The Americans and Downton Abbey, the last a nod for its farewell season. But the final season of The Good Wife was not recognized, and star Julianna Margulies also was snubbed.

For Stephen Colbert, it was the inaugural season of his CBS late-night show that was overlooked, while network colleague James Corden earned a best variety talk series bid for his Late Late Show.

Aziz Ansari received a lead comedy acting bid for his series Master of None, a first for an Indian-American actor, and the show received a best comedy series nomination. Rami Malek, of Egyptian descent, earned a top drama acting nod for his role as a renegade hacker in another freshman, Mr. Robot, which also will compete for drama honours.

The Americans, which gained in attention last season, also earned bids for its stars, Keri Russell and Matthew Rhys.

Besides Russell, Davis and Henson, lead drama actress bids went to Claire Danes for Homeland and Tatiana Maslany for Orphan Black.

Malek and Rhys will be competing with Kevin Spacey for House of Cards, Kyle Chandler for Bloodline, Bob Odenkirk for Better Call Saul and Liev Schreiber for Ray Donovan.

The ensemble cast of Game of Thrones found leading bids elusive. Peter Dinklage, named last year's best supporting actor, will defend his title, with a nod also going to Kit Harington, who plays fan favourite Jon Snow. Emilia Clarke, Lena Headey and Maisie Williams earned supporting actress bids in a year that the show's female characters gained the upper hand.

On the comedy side, Veep, black-ish and Master of None will tussle for the trophy with five-time champ Modern Family, Transparent, Silicon Valley and Unbreakable Kimmy Schmidt.

A top acting nod for Veep star Julia Louis-Dreyfus, who plays a U.S. vice-president now elevated to the Oval Office, gives her the chance to score her fifth consecutive win and set a record.

Black-ish star Anderson, who got his second nod, will be competing with last year's winner, Jeffrey Tambor of Transparent, along with Ansari, Will Forte for The Last Man on Earth, William H. Macy for Shameless and Thomas Middleditch for Silicon Valley.

The 68th prime-time Emmy show will be broadcast live on ABC from 8-11 p.m. on Sept. 18, hosted by Jimmy Kimmel.

THE ASSOCIATED PRESS

NOMINATIONS

Outstanding drama series
- Game of Thrones
- Better Call Saul
- Mr. Robot
- House of Cards
- Homeland
- The Americans
- Downton Abbey

Outstanding comedy series
- Transparent
- Silicon Valley
- Veep
- Modern Family
- Unbreakable Kimmy Schmidt
- Black-ish
- Master of None

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Canadian-born Emmy nominees

TELEVISION

Multiple roles earn Tatiana Maslany a nod for second time

Tatiana Maslany, often regarded as the hardest-working woman in TV, was enjoying a rare chance to "be a homebody" while vacationing in Prague on Thursday when duty called — but for celebratory purposes.

The Regina native learned she had received her second best lead actress in a drama Emmy nomination, for playing multiple clones with varying personalities and accents in Orphan Black.

The news was exciting and even more shocking the second time around, Maslany said, noting it's a "super big honour" for the Toronto-shot show that airs on Space and BBC America.

"Orphan Black, hearing that name at the Emmys opposite shows like Transparent and Mr. Robot and House of Cards, all of these incredible, innovative shows that are really changing television," marvelled the 30-year-old in a phone interview.

"It's just cool to be a part of this awesome movement of TV taking over where cinema has lacked."

Maslany was also nominated for an Emmy for her Orphan Black roles last year and a Golden Globe in 2014. The sci-fi thriller recently aired its fourth season and the next season will be its final one.

This Emmy nod comes after a big year in which she not only had to play new clones, she also took on several other projects — from BoJack Horseman to Robot Chicken and the film Two Lovers and a Bear.

"I felt really creatively stimulated this year," said Maslany. "The two movies I got to do over the hiatus before the fourth season were really near and dear to my heart and just reignited my excitement about acting and gave me a new perspective.

"I got to work with amazing actors and directors and that stuff just opens your mind. So as tired as I was, I guess I felt really rejuvenated and ready to play more in 'Orphan Black.'"

Maslany has a couple of goals for her second Emmys.

"Just bring a snack," she said, "and I'm going to try to get to tell Gaby Hoffmann how incredible I think she is."

Tatiana Maslany, Samantha Bee among Canadians nominated for Emmys. HANDOUT

Maslany is among many Canadians nominated for 2016 Emmys.

Nelson, B.C.-native Thomas Middleditch was nominated for best lead actor in a comedy for his role as a tech tycoon in HBO's Silicon Valley.

Samantha Bee of Toronto earned her first career Emmy nomination, for writing on her variety series Full Frontal with Samantha Bee, which airs on TBS and the Comedy Network.

Both Michael J. Fox and Molly Parker are up for trophies for guest parts.

Fox, who's already won several Emmys, is nominated for playing conniving lawyer Louis Canning on The Good Wife, which recently aired its series finale on Global and CBS. It's a part that's earned the 55-year-old Edmonton native several Emmy nominations.

Parker is nominated for playing deputy house minority whip Jacqueline Sharp in Netflix's House of Cards." This is the first Emmy nod for 44-year-old Parker, who hails from Maple Ridge, B.C. THE CANADIAN PRESS

TALENT.CA

Other homegrown talent nominated for Emmys this year include:

- Ellen Page, who executive produced Viceland's Gaycation With Ellen Page, up for best unstructured reality program.
- T.O.-born Lorne Michaels for writing on Saturday Night Live
- Thunder Bay, Ont., native Paul Shaffer for music direction on the Netflix special A Very Murray Christmas.
- Shane Smith of HBO's Vice for outstanding informational series or special category
- Elisabeth Williams and Shirley Inget for best production design for Fargo.
- More than a dozen Canadians are named in two nominations for the Vikings episode The Last Ship.
- Matthew Rouleau for special visual effects category for Game of Thrones.
- Greg Middleton for best cinematography for a single-camera series for Game of Thrones.

Homage to '80s supernatural classics

TELEVISION

Winona Ryder inspired by own mom for Stranger Things

Prior to signing on to the Netflix supernatural series Stranger Things, Winona Ryder was admittedly not the biggest buff of the genre.

"Because it was something I've never done, I wanted to try it, and it seemed like a great way to try it because it wasn't uber-violent or super disturbing," the two-time Oscar nominee said in a recent conference call with reporters.

"I think in the end there is a lot about friendship and family in extraordinary situations."

Created, written and directed by brothers Matt and Ross Duffer (Wayward Pines, Hidden,) Stranger Things has been described as a love letter to '80s supernatural classics.

Ryder makes a rare foray to the small screen to portray Joyce, a struggling single mother of two boys. When her young son Will vanishes without a trace, loved ones and police embark on a search — only to be drawn into a mystery involving hush-hush government experiments and supernatural forces.

Ryder said she thought about her own mom in inhabiting the role of Joyce.

She also drew from notable film portrayals of mothers, including Ellen Burstyn as the titular widow in 1974's Alice Doesn't Live Here Anymore, and Marsha Mason in the 1977 reincarnation thriller Audrey Rose and 1983 comedy-drama Max Dugan Returns.

Stranger Things was filmed on location in Atlanta, which serves as the stand-in for small-town Hawkins, Ind., in 1983.

With past experience in period pieces like The Age of Innocence, and Girl, Interrupted, Ryder said she has a particular fondness for historical vehicles because of the emphasis on more meaningful face-to-face exchanges.

> **There is a lot about friendship and family in extraordinary situations.**
> Winona Ryder

"It always meant there was going to be more dialogue and more communication which is something I really miss."

Even just the simple act of using a rotary phone in Stranger Things stirred up memories.

"I remember having one of those growing up, and I remember making my first call to a boy," Ryder recalled.

"Dialling those numbers — and it took a while — it gave you some time to figure out what you were going to say. It was kind of a character builder in a way. Nowadays, you can construct the perfect thing to say in a text.

"I'm not against technology at all. I think it can do wonderful things and bring people closer together.... (But) it was nice to go back to a time before all of that."

The series starts streaming Friday. THE CANADIAN PRESS

Winona Ryder stars in the new supernatural series Stranger Things on Netflix. THE CANADIAN PRESS/HO-NETFLIX-CURTIS BAKER

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Sylvester Stallone jokingly set the date for Rocky 10 after watching and giving kudos to a toddler's viral workout.
THE ASSOCIATED PRESS

Sly Stallone praises viral workout vid

SOCIAL MEDIA

Baby mimics famed Rocky II montage, gets millions of hits

A video of a toddler mimicking Sylvester Stallone's moves while watching a clip of the training montage in Rocky II has earned kudos from the actor himself.

The video posted to Facebook by an Ohio dad shows the diaper-clad boy doing one-armed pushups and pretending to work a speed bag, chop wood and lift weights in sync with the big screen boxer.

The video has received millions of views online. Stallone reposted it to Instagram on Wednesday with a note saying "this kid makes me so proud." He jokes that he may have to fight the boy in Rocky 10.

Stallone earned a Golden Globe earlier this year for reprising his most famous role as Rocky Balboa in last year's Creed. THE ASSOCIATED PRESS

A video showing a diaper-clad toddler mimicking the training montage in Rocky II has received millions of views online. FACEBOOK/SCREENSHOT

EXHIBITION

Sotheby's to sell art from Bowie's stash

Sotheby's is to sell more than 200 pieces from David Bowie's extensive art collection, including works by Damien Hirst and Jean-Michel Basquiat.

The musician, who died in January, was an avid collector and served on the editorial board of Modern Painters magazine.

The sale — which will be preceded by a public exhibition — includes works by British artists Henry Moore, Graham Sutherland and Frank Auerbach, as well as pieces by African and Italian artists.

The top lot is Basquiat's painting Air Power, valued at between $3.3 million and $4.6 million.

The Bowie/Collector exhibition is at Sotheby's London showrooms Nov. 1-10, following smaller preview shows in London, Los Angeles, New York and Hong Kong starting Wednesday. The sale will be held Nov. 10-11.
THE ASSOCIATED PRESS

The late David Bowie. AP PHOTO/STEPHEN CHERNIN, FILE

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Britain's Prince Harry has blood taken for an HIV test during a visit to highlight the fight against HIV and AIDS, at the Burrell Street Sexual Health Centre London. THE ASSOCIATED PRESS

AWARENESS

Prince Harry takes instant HIV test

Britain's Prince Harry has taken a nearly instant HIV test as part of his campaign to raise awareness about the virus.

The results of the simple finger-prick test were negative and Harry seemed relieved to find that he was not infected with the virus.

Harry admitted before the test that he was nervous.

The test at a sexual health clinic in London was filmed and broadcast Thursday. It takes only a few seconds and a small amount of blood for the test to be carried out.

Harry has followed the example of his late mother, Princess Diana, and sought to ease the stigma surrounding HIV and AIDS.

THE ASSOCIATED PRESS

For the first time, more than 4 in 10 U.S. women are obese, according to statistics released by the Centers for Disease Control and Prevention. THE ASSOCIATED PRESS

Heavy people may cut life by three years

OBESITY

Largest study of its kind has data from 32 countries

Being too heavy may cost you your life — literally. Scientists say overweight people die one year earlier than expected and that moderately obese people die up to three years prematurely.

Doctors have long warned that being overweight can lead to health complications including heart disease, stroke and cancer, and previous studies have already found that extra pounds can take years off your life, based mostly on data from Europe and North America.

In the new study, which the authors say is the largest-ever such analysis, researchers sifted through data for nearly 4 million non-smoking adults in 32 countries published from 1970 to last year.

They compared the risk of death to people's body mass index, or BMI, a measure of body fat that is calculated using height and weight.

They defined a BMI from 18.5 to 25 as normal, 25-30 as overweight, 30-35 as moderately obese and over 40 as severely obese. A person who is 5 foot 4 is considered obese at a weight of 174 pounds or more.

Overweight people lose a year of life on average and moderately overweight people lose three years, said Richard Peto of Oxford University, one of the study authors.

A previous study found that being severely obese could cost as much as eight years of life.

The study also found that being obese is far more dangerous for men than for women.

"The excess risk of premature death is about three times as big for a man who gets fat as for a woman who gets fat," Peto said.

Men tend to be higher risk for earlier death in general, and the risk worsens when obesity is added to the equation, he said.

According to the World Health Organization, 15 per cent of women worldwide and 11 per cent of men are obese. Overall, the WHO estimates that more than 1 billion adults are overweight and another 600 million people are obese.

Carrying too much weight is now second to smoking as a cause of premature death in North America and Europe; smoking causes about a quarter of all premature deaths there while being too heavy now causes about 14 to 20 per cent of such deaths.

Peto acknowledged that more is needed than to simply advise people to lose weight, because dropping even a few pounds and keeping them off is notoriously difficult.

"It might be easier to recommend that people try very hard not to put on weight in the first place, particularly before they hit middle age," he said.

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Local doughnut shop not afraid of giant

FOOD

Krispy Kreme is trying yet again to enter this market

American doughnut giant Krispy Kreme is expanding in Canada again after an attempt in the early 2000s.

The company says it's opening up to 50 additional stores in Ontario and Quebec, where six outlets are already located, and then aims to expand to the rest of Canada.

But the fried dessert scene has changed since Krispy Kreme's last attempt at doughnut dominance — in recent years, artisanal doughnut shops have cropped up across Canada.

And some of the owners and managers of those shops aren't too concerned about their American competitor. Here are the thoughts of a rep for Jelly Modern Doughnuts, based Toronto and Calgary.

Roseanne Tripathy, the store's owner, said she welcomes the competition, but noted that the market for her store's doughnuts is a bit different from that of Krispy Kreme.

"Our concept is having the healthiest doughnut that is also the prettiest doughnut," she said. "Which is a different concept, I think, than Krispy Kreme and Tim Hortons .... Our model has been successful."

And, she said, they make everything fresh themselves, in-store.

"Even the marshmallows are made in-house."

She said the most notable doughnut that they carry is the maple bacon flavour.

"It's by far the most popular," she said. It's got a maple glaze, with real maple syrup and bacon on top. THE CANADIAN PRESS

It's a great time to be a Canadian, with doughnut makers competing for our tastebuds. Shown above: Canadian doughnut shop Jelly Modern Doughnuts' maple bacon doughnut. THE CANADIAN PRESS/HANDOUT-THE ROLLING PIN

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Javier Acevedo started swimming at the age of 10 months, began competing at seven, and won an Olympic spot at the age of 18, setting a world junior record in backstroke. TORSTAR NEWS SERVICE

Family support is key for swimmer

OLYMPICS

Javier Acevedo relies on loved ones as he trains for Rio

Javier Acevedo remembers the exact moment he qualified for the Olympics.

"I remember touching the wall and looking at my family and pointing at them and thinking, 'This is it. I've made it,' " said the 18-year-old Scarborough swimmer, who qualified in April.

"At the end of the day, we hugged it out and all cried together."

Acevedo's familial support network, including his grandparents, parents and two younger sisters, are all joining him in Rio, where he heads at the end of this month to compete in the individual 100-metre backstroke and the 4x100-metre medley relay.

It's family he credits — along with his coaches, teammates and swim club — for getting him there in the first place. They're the ones who put him in water at 10 months old and got him swimming competitively at age 7.

His mom, Catherine Walker-Acevedo, was a swim instructor in her youth, but his dad, Aroldo Acevedo — born in Nicaragua and raised in Toronto — doesn't "really" know how to swim, said Acevedo.

"He thinks he can swim, but we all laugh when he touches water," Acevedo said by phone from his family home in Scarborough, laughing.

I always feel a little better about myself, a little higher.
Javier Acevedo, on the support he gets from his father, one of his biggest champions

But the elder Acevedo is one of his biggest champions.

"He's not putting pressure on me but he's always saying, 'You can do this.' I hear that every day going to practice," he said. "I always feel a little better about myself, a little higher."

As Rio approaches, Acevedo said he feels excited and like he has nothing to lose. It's that attitude — and the mystery of being a relative unknown on the elite-level swim scene — that he thinks helped him secure an Olympic spot in April.

"I knew everything about them and they didn't know much about me," he said of the older, better-known competitors around him.

He qualified for the Olympics that day and set a world junior record in the 100-metre backstroke.

Now, just two weeks after graduating from Neil McNeil High School, he's set his sights on at least two more Olympic runs and studying kinesiology at the University of Georgia, where he's been accepted on a full athletics scholarship.

But first, his Olympic debut.

"I'll be representing more than just my school, my family, my swim club," he said. "I'll be representing the millions of people in Canada, too."

TORSTAR NEWS SERVICE

STAYING FIT

Javier's wellness insights

- **Go-to food after workout:** Grilled cheese sandwich and orange juice.
- **Olympics eating plan:** Nutritious foods from around the world — nothing with too much fat.
- **Breakfast:** Hard-boiled eggs, bagel with cream cheese, bacon, chocolate milk.
- **De-stressing:** Hanging out with friends on weekend.
- **Coming to terms with defeat:** I know it's a learning experience. With every defeat I learn something new that I need to work on.

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Run with wolves in Golden

BRITISH COLUMBIA

Area a perfect mix of activity and nature

Don't plan on spending much time sitting around doing nothing in Golden this summer. On land, on water and in the air, there's just too much to do to justify being lazy. Just a pit stop? Golden begs to differ.

One of the resident wolves at the Northern Lights Wolf Centre in Golden, B.C. All the wolves at the centre have been rescued and hand-raised from the time they were pups. Left: A patron and a guide from Skydive Extreme Yeti doing a tandem jump. GOLDEN B.C. TOURISM

Bond with a bear

Ride the chairlift up Kicking Horse Mountain to visit Boo, a 14-year-old orphaned grizzly who has a 20-hectare refuge there all to himself. Try to be there at feeding time to see him devour heads of lettuce and other produce (grizzlies prefer a diet that's about 80 per cent vegetarian). Or you might see him splashing in one of the streams or ponds that dot the refuge.

Skydive or paddle

Book a tandem skydive with Skydive Extreme Yeti.

Your experienced guide will do all the work — all you have to do is muster up the nerve to jump. Or try a whitewater rafting trip on the aptly named Kicking Horse River with Glacier Raft Company.

You can pick a trip based on your experience and comfort level, ranging from relatively tame Class II rapids to jaw-clenching Class IV rapids.

Climb

Take a high-elevation hike at Kicking Horse Mountain Resort on its "via ferrata" (Italian words meaning "iron path"), a hiking and climbing route that opened in 2015. It offers routes for both novice and experienced climbers that include steps, ladders, suspension bridges and steel cables in steep areas that climbers can clip onto for safety. It's open to climbers ages 12 and up.

Commune with wolves

At the Northern Lights Wolf Centre, about 18 kilometres north of downtown Golden, you can visit the resident wolves Shelley and Casey Black hand-raised from pups after the small zoos or breeding facilities where they were born had to find them new homes.

You can also join some of the wolves — all of which are accustomed to being around people — on a guided photography walk in the wilderness.

Find water

Columbia Wetlands Adventures, 26 kilometres south of Golden, offers lots of options for getting out on the water.

Rent a canoe, kayak, stand-up paddleboard or pedal boat and head out on the calm surface of the Columbia River. Or take a tour of the wetlands on an inflatable boat with a guide who will point out nesting birds and wildlife while you sit back and soak in the scenery.

Eat and drink

Two restaurants that earn well-deserved plugs from locals are Whitetooth Mountain Bistro in Golden's quaint town centre and Eleven22 just south of downtown. Eagle's Eye Restaurant, at the top of the gondola at Kicking Horse Mountain Resort, has spectacular views to go along with its sophisticated comfort-food menu.

From June to September, check out the farmers markets selling local produce, baked goods and crafts.

TORSTAR NEWS SERVICE

The writer was hosted by Tourism Golden, which didn't review or approve this story.

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- skydiveextremeyeti.com
- glacierraft.com
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HÚH! A THUNDERCLAP FOR MYSTICAL ICELAND

Now that Iceland's spellbinding Viking football cheer has been adopted the world over and its Canada-born first lady Eliza Reid is capturing praise for her intelligence and style, there's no better time to visit. Here are some of the country's most astounding experiences.

WORDS AND PHOTOS MELITA KUBURAS/METRO

Feel the White Noise

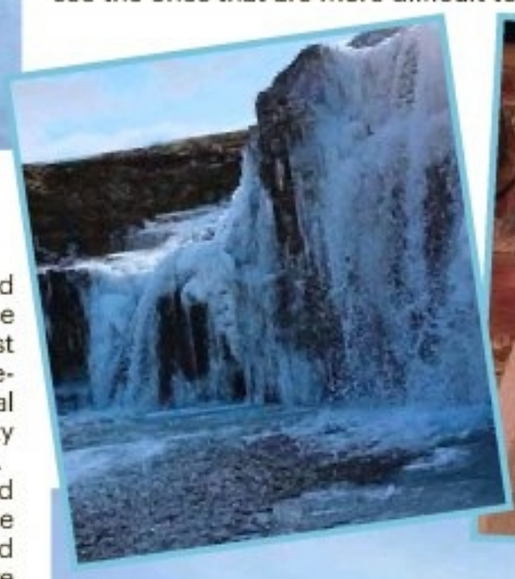
If Reykjavik is where you plan to stay, a day trip to West Iceland and the Snaefellsnes Peninsula will inspire a post-modern feeling right out of Don DeLillo's White Noise: "It's like I'm in a car commercial," you'll find yourself thinking, as the icecap-covered volcano looms above. Renting a car to visit iconic sights closer to the city such as Geysir (seen right) is much more fun than taking bus tours, which can also be costly. Plus, having a car gives adventurers the freedom to go chasing after lesser-known waterfalls — they are everywhere — and take hikes to see the ones that are more difficult to get to.

Hot, hot geo-location

Iceland's tectonic plates and active volcanoes will intrigue even those with little interest in geomorphology. That's because the island's geothermal activity translates into beauty you can see, feel and taste.

Rye bread can be baked overnight by burying it in the ground where geo-heated water cooks it, as seen here at the Laugarvatn Fontana spa.

While the Blue Lagoon is quite touristy, it's worth as a stop on the way to or from Keflavik International Airport to soak stiff muscles and a tired brain. For a cheaper spa day, visit any public swimming pool as most are geothermally heated, and will only cost about $10 for a visit.



Whale steak and moldy cheese

Maybe it's the sea salt, the ocean air, or the careful way that the rich ingredients are assembled, but food is really delicious in Iceland. For a taste of local specialties visit Ostabudin in Reykjavik — if you're not venturesome enough to try their grilled minke whale steak, opt for a charcuterie platter of smoked goose meat, mutton, moldy cheeses and cured horse.

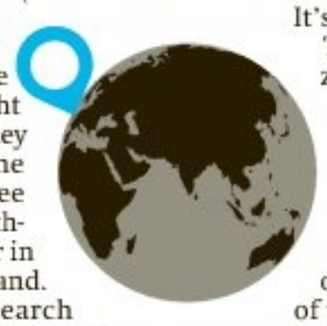
A place called Smakk Barinn offers Icelandic tapas served in a row of four or six little jars. One woman says she ordered all of the seafood items, while her partner got all six of the meat dishes — a smart ordering strategy. Develop your own.

NOT A TOURIST | **A letter from Mark Stachiew in Iceland**

Journey to the centre

The view from atop Iceland's mighty Langjökull glacier on a sunny day is spectacular, but we've come to see what inside.

People have been coming to the top of the Long Glacier (a translation of its Icelandic name) on snowmobile tours for a long time, but some entrepreneurs thought it would be great if they could tunnel into the ice so people could see the beauty hidden within this massive glacier in the Highlands of Iceland.



After years of research and red tape, the dream became a reality in 2014 when half a kilometre of tunnels were bored into the ice and they started bringing people inside. The year-round attraction has proven so popular that last year they were closed for just 14 days — and that's only because the weather was bad.

The weather must have been apocalyptic because visitors ride to the mountaintop aboard towering, eight-wheeled trucks that were once used as missile carriers by NATO. These motorized beasts normally navigate the snowy route to the top with ease.

After descending from these impressive vehicles, we spend some time admiring the view of the surrounding mountains, then drop into the glacier, an experience something like going into a mineshaft. Everyone puts crampons over their shoes to avoid slipping on the slushy floor. The temperature inside is at the freezing point. It's cool, but not uncomfortable.

The glacier walls are marked with horizontal lines. Like the rings of a tree, these lines show the age of the glacier.

Each line represents a year of ice deposit. Some years there is less ice, some years there is more and some are outlined in black, indicating the presence of volcanic ash. The most recent of these was the massive 2010 eruption of the volcano with the unpronounceable name, Eyjafjallajökull.

With coloured lights to guide the way, the tunnels and rooms carved into the glacier are ethereally beautiful. As we explore, our guide explains the history and science behind the ice sheet and uses it as a teaching moment about global warming.

Langjökull glacier has been sitting astride these mountains for 4,000 years, but our guide explains that it is shrinking and could be gone in less than 150 years if current warming trends continue.

"You're on vacation now so you don't have to think about that. Think about it when you get home," he said.

After walking into the beating heart of a glacier, it's hard not to.

The Langjökull glacier's walls are marked with lines showing ice deposits that are not unlike the rings of a tree. MARK STACHIEW/FOR METRO

TRAVEL NOTES BIG-UPS TO FOGO & BOSTON'S ICONIC SIGNAGE

Gwyneth Paltrow describes Fogo Island as 'heaven' on Instagram

Gwyneth Paltrow is sharing details about a visit to Newfoundland and Labrador with her social media followers. The actor, who runs the lifestyles website Goop, has posted a photo from Fogo Island, N.L., on her Instagram account. She captioned the photo with the hashtag "heaven." The photo depicts a narrow wooden boardwalk leading to a Fogo Island Arts studio on Shoal Bay. THE ASSOCIATED PRESS

Some fear Citgo sign may soon go dark

The Citgo sign that lights up the Boston skyline is seen by baseball fans every time a home run sails over Fenway Park. Now there's fear it may soon be gone. The building on which the sign sits is part of a parcel of Boston U buildings for sale. "For us, the sign makes us think of the Red Sox, but for people outside the city, it means Boston," said Greg Galer of the Boston Preservation Alliance. which is circulating an petition to have the sign declared a landmark, which would offer some protections from change. THE ASSOCIATED PRESS

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Calgary, minus the Stampede

ALTERNATIVES

Cowboy town increasingly known for its tunes, brews

Karen Kwan
For Metro Canada

Local 510 is one of many places to catch live music in Calgary. HANDOUT

if you're in town for the Stampdede, but feel you've rode one too many mechanical bulls, it's time to see what else Calgary has to offer.

Turns out this city is Canada's sunniest and it's certainly not just about cowboys and the renowned rodeo.

This former heart of the New West, in fact, has much in common with the city of Austin, Texas, while remaining under the radar as a travel destination.

Calgary's music scene

Music lovers, there's some serious toe tappin' in store for you here. With 2016 being Calgary's Year of Music, you can start by exploring the new home of the National Music Centre, Studio Bell.

Themed to feel more like a festival than a museum, this $191 million project features various stages. Everything from the science of music to a celebration of Canadian moments in song complete with iconic items (such as the shades from Corey Hart's Sunglasses at Night) and interactive installations take the spotlight.

For your fill of live music acts, you'll find venues peppered throughout Calgary's urban sprawl, such as Local 510, but now there's also the newly established Music Mile, which stretches through the East Village and Inglewood.

Here you can catch close to two dozen live music events (of a variety of genres) from Thursday to Sunday, including music fests, such as X-Fest, at Fort Calgary, and laid-back jam sessions at mainstays like Ironwood Stage & Grill and The Blues Can.

A boon for brewery buffs

On 17th Avenue at National, there are more than 70 beers on draught, including ones from local entrepreneurs.

NEW MOTTO
In 2015, Calgary changed its tagline from 'Heart of the New West' to 'Be Part of the Energy' to reflect its shifting identity.

Tool Shed Brewing, for example, is the brainchild of two former IT and satellite communication guys whose business started with your basic home-brewing system in one of their backyards.

Also on tap is Last Best Brewing & Distilling, the fourth iteration of the Bearhill Brewing Family of Breweries, which was launched back in 2002 by a then 22-year-old Socrates Korogonas with the $2.5 million he made through winning the grand prize in the BC Cancer Foundation's Lifestyles Lottery.

National also serve brews from the small new kid on the block: The Dandy Brewing Company.

Dandy was started by Matt Gaetz, who has a background in the liquor industry, with three 20-something-year-old friends (Ben Leon, a teacher, Dylan Nosal, a chef, and Derek Waghray, who'd just completed a chemistry degree). They got into the beer game when Alberta changed their liquor laws at the end of 2013, which eliminated the minimum production capacity of 500,000 litres. Their plans to go beyond nano-brewery size are on track: this March, the last of the four guys went full-time with the company.

They recently added an eight-tap tasting room where you can sample their small-batch brews and this year Dandy will likely triple their production compared to 2015 with upwards of 50 different styles.

Karen Kwan was a guest of the Calgary Tourism Board, who did not pay for or review this story.

CLEVELAND

West Side Market no vestige

Growing up in the 1980s, Sam McNulty often visited the food vendors at the West Side Market, located in Cleveland's Ohio City neighbourhood.

"I kind of fell in love with the neighbourhood back then, even though it was considered sketchy," said McNulty. By the 1990s, when McNulty interned with a community development organization, "the neighbourhood was still largely boarded up — not a place you wanted to be after dark," he recalled. "But you were starting to see little glimmers of hope."

Today Ohio City offers visitors a very different impression. There's a booming craft beer and dining scene with some 40 eateries, many concentrated around West 25th Street. McNulty opened his first restaurant, Bier Markt, at 1948 W. 25th St., over 10 years ago; today he co-owns five restaurants in the area, including two of the brewpubs Ohio City is now known for.

Meanwhile, the West Side Market, more than a century old, isn't just some vestige of a bygone era. It's a vibrant, bustling retail food centre with more than 100 vendors and a million annual visitors. And for anybody who loves historic architecture, Ohio City offers lots of eye candy: quiet residential streets lined with beautifully restored Victorian homes.

THE ASSOCIATED PRESS

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metro SPORTS

David Duval, Steven Bowditch, and Kristoffer Broberg walked off with 9s on the dreaded par-4 "Railway" 11th hole at the British Open

Lefty just shy of history

BRITISH OPEN

Mickelson lips out his chance for first-ever 62 at a major

Phil Mickelson was 16 feet away from a place in history he wouldn't have to share with anyone.

Fans watched from a rooftop balcony. Royal Troon members strained to see out the window from the clubhouse behind the 18th green. Jack Nicklaus usually doesn't watch golf on TV, but he made an exception for this moment.

In 436 majors held over the last 156 years, no one had ever shot 62.

That's still the case. By a fraction of an inch.

"I want to cry," Mickelson said.

Mickelson pointed his putter toward the hole and was ready to step into history Thursday in the British Open when his birdie putt turned sharply to the right at the mouth of the hole, just enough to ride the edge around the back of the cup and sit there, teasing him.

"You made a beautiful read and putt on that last hole but got absolutely stone-cold robbed," Nicklaus said in a message on Facebook.

Mickelson plopped his hand on his forehead in disbelief. His caddie, Jim (Bones) Mackay, was so stunned that he fell over backward.

"It was one of the best rounds I've ever played ... and yet I want to shed a tear right now," Mickelson said. "That putt on 18 was an opportunity to do something historical. I knew it, and with a foot to go I thought I had done it. I saw that ball rolling right in the centre. I went to go get it. I had that surge of adrenalin that I had just shot 62, and then I had the heartbreak that I didn't."

No tears were necessary at Royal Troon, not after a round of 63 that was brilliant even by Lefty's standards, and certainly not after building a three-shot lead over Patrick Reed and Martin Kaymer on an ideal day by the Irish Sea.

Mickelson seized the moment with a birdie on the par-5 16th from a bunker short of the green, and a 4-iron to 15 feet for birdie on the par-3 17th to reach 8-under par. He knew no one had ever shot 62 in a major. He also knew he most likely would never get a chance like this.

"That would have been really something special," he said. "So to have that putt lip out, that's going to sting for a while."

Even with such a close call, Mickelson is in good company.

Nicklaus missed a putt just inside three feet for a 62 in the 1980 U.S. Open at Baltusrol. Greg Norman had to only two-putt from 30 feet for a 62 at Turnberry in the 1986 British Open and took three putts. Tiger Woods watched his 15-foot putt for 62 spin 270 degrees around the cup in the 2007 PGA Championship at Southern Hills. Nick Price's birdie putt for a 62 in the 1986 Masters dipped in and out of the cup. THE ASSOCIATED PRESS

Phil Mickelson reacts after narrowly missing a birdie putt on the 18th hole in Troon, Scotland, Thursday. MIKE EHRMANN/GETTY IMAGES

LEADERBOARD

1.	Phil Mickelson	-8
2.	Martin Kaymer	-5
	Patrick Reed	-5
4.	Keegan Bradley	-4
	Tony Finau	-4
	Billy Horschel	-4
	Zach Johnson	-4
	Soren Kjeldsen	-4
	Steve Stricker	-4
	Andy Sullivan	-4
	Justin Thomas	-4

IN BRIEF

Broncos offer guaranteed $70M to Super Bowl MVP

The Denver Broncos have upped their offer to Von Miller by offering to guarantee the Super Bowl MVP a record $70 million of the six-year deal, a person with knowledge of the negotiations told The Associated Press.

Miller's agent, Joby Branion, and the Broncos agreed to the parameters of a six-year, $114.5-million deal last month but Miller's camp held out for more guaranteed money.

THE ASSOCIATED PRESS

Former No. 1-ranked hurdler retires from sport

Hurdler Priscilla Lopes-Schliep announced her retirement from competitive sport on Thursday, capping a career that saw her win bronze at the 2008 Olympics and silver at the 2009 world championships.

THE CANADIAN PRESS

Portugal rises in rankings

European champion Portugal has risen two places to No. 6 in the FIFA rankings, and Copa America winner Chile stays fifth.

Argentina is still No. 1 despite losing to Chile in the final for the second straight year.

Belgium remains second after losing to Wales in the European Championship quarterfinals. Wales climbed 15 places to 11th.

THE ASSOCIATED PRESS

NHL

Vegas team owner hoping to have new moniker in place soon

Bill Foley and Las Vegas were granted an NHL team last month. BRUCE BENNETT/GETTY IMAGES

Las Vegas owner Bill Foley would love to have a name for his expansion team, and he's open to ideas.

Three weeks after the NHL awarded an expansion team to Foley, he said his group is having trademark issues and wants to settle on a name quickly. After naming George McPhee as his general manager, Foley expressed some impatience at how the process has stalled.

"We have a lot of names in mind, but a lot of the ones I really liked are trademarked, so that's a little bit of an issue," Foley said Wednesday. "I'm happy to take any suggestions anyone has for a name, particularly one that's not already trademarked."

Foley is a 1967 graduate of West Point and has expressed an affinity for the name "Black Knights" as a nod to the Army. TSN reported Wednesday that "Knights" was likely to be the name of the team, which will begin play in 2017-18.

> **I didn't realize how complicated it was.**
> Las Vegas owner Bill Foley

After agreeing to pay the league a $500-million expansion fee, Foley joked that he should be able to pick the name.

"Our goal is to have a logo and a team name ASAP," Foley said, adding "I didn't realize how complicated it was. It is complicated and we're working our way through the process right now as we speak."

Another ongoing process is getting a top minor league affiliate. AHL president and CEO David Andrews said there would be a 31st team for 2017-18 to even out with the NHL.

There are plenty of Vegas-esque names out there, but the NHL made it clear it should have no association with gambling.

"It should represent Las Vegas, it should represent the environment, it should be unique to Las Vegas," he said. "But it needs to be a name that people hear the name and say, 'These guys are tough, these guys are going to win, these guys are dedicated.'"

THE ASSOCIATED PRESS

Dinos' Simonise signs with Bengals

FOOTBALL

Lanky receiver from Vancouver to start pro career in Ohio

Rashaun Simonise runs in a return touchdown during the CIS Mitchell Bowl in November 2013. JEFF MCINTOSH/THE CANADIAN PRESS

Rashaun Simonise is getting his NFL shot.

The Calgary Dinos receiver signed as a free agent with the Cincinnati Bengals on Thursday shortly after being bypassed in the NFL supplemental draft. But he wasn't alone as none of the five other eligible players were selected, meaning they were all available to sign with teams as rookie free agents.

"Thanks Coach Lewis and the staff at the Bengals for making Rashaun Simonise a part of the family! #letsroar #blessed," Brian Bundage, Simonise's U.S.-based agent, said on his Twitter account.

Simonise said he wasn't surprised at being passed over in the supplemental draft.

"I felt there was still a chance for a camp invite," he said. "As long as I got an opportunity to get there (NFL), then it's all good."

The six-foot-five, 200-pound Simonise earned All-Canadian honours last season with 51 catches for 1,079 yards and 11 touchdowns in eight games with Calgary. But Canada West's top rookie in 2013 was ruled academically ineligible for the upcoming season, prompting Simonise to pursue an NFL career.

He held his pro day in Calgary on Monday with six NFL teams — the New York Jets, Arizona Cardinals, Washington Redskins, Los Angeles Rams, Green Bay Packers and Indianapolis Colts — as well as the CFL's Calgary Stampeders looking on.

Although the Bengals weren't in attendance Monday, it was widely reported prior to Simonise's pro day that Cincinnati had strong interest in the Canadian receiver. And Simonise is looking to make the most of his opportunity.

"There's a lot I can learn," said Simonise. "I'm never content, I'm always trying to get better.

"I feel like my work ethic and hunger to learn definitely set me apart from athletes in Canada as well as the U.S."

Simonise becomes the second Dino to head to the NFL this off-season. Defensive back Elie Bouka is currently with Arizona after signing with the Cardinals as a free agent following the league's draft in April. THE CANADIAN PRESS

Chris Froome takes to jogging after a collision Thursday at the Tour de France. STEPHANIE MANTEY/AFP/GETTY IMAGES

TOUR DE FRANCE

Disorder afoot in Stage 12 of race

On Bastille Day, fans created havoc at the Tour de France like never before.

Storming the road on France's national day, the crowd prompted a crash involving race leader Chris Froome and it wasn't until hours after the wacky 12th stage concluded that organizers decided the British rider could keep the yellow jersey.

"Mont Ventoux always throws up something different and today was no exception," Froome said. "You always have to expect the unexpected at the Tour."

Richie Porte crashed headfirst into a motorbike carrying a TV camera, and Froome, who was right behind his former teammate, also hit the pavement in the final kilometre on the wind-shortened climb.

"The crowd was just all on the road, and a motorbike stopped right in front of us and we had nowhere to go," Porte said. "The next minute, I went straight over the top of the motorbike. It was just a mess." THE ASSOCIATED PRESS

RECIPE Fried Egg-Pizza

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you're looking for ease then eggs are your friend. Pizza is also your ally so this is basically dinner's version of your BFF.

Ready in
Prep time: 5 minutes
Total time: 25 minutes
Serves 2

Ingredients
- 2 pitas
- 1 cup passata (or tomato or pizza sauce)
- Salt and pepper
- 1 1/2 to 2 cups mozzarella, grated
- 1/4 cup crisply fried bacon, crumbled
- Few leaves of basil
- 2 eggs

Directions

1. Preheat the oven to 450 F. Place the pitas on a baking sheet. Pour tomato sauce on pitas and spread it around. Leave a little edge clear of sauce all the way around.

2. Sprinkle your cheese on each pita and push it slightly out the edges so you make a nest for your egg. Sprinkle basil and the bacon all around the edge of your cheese nest. Gently crack an egg in the middle.

3. Slide the cookie sheet carefully into the oven. Bake for about 15 to 20 minutes, depending on how done you like your eggs.

4. Use a spatula to move your egg pizza to a cutting board where you'll cut each pizza into four. Serve with slices of avocado, sour cream and a bit of salsa. Enjoy!

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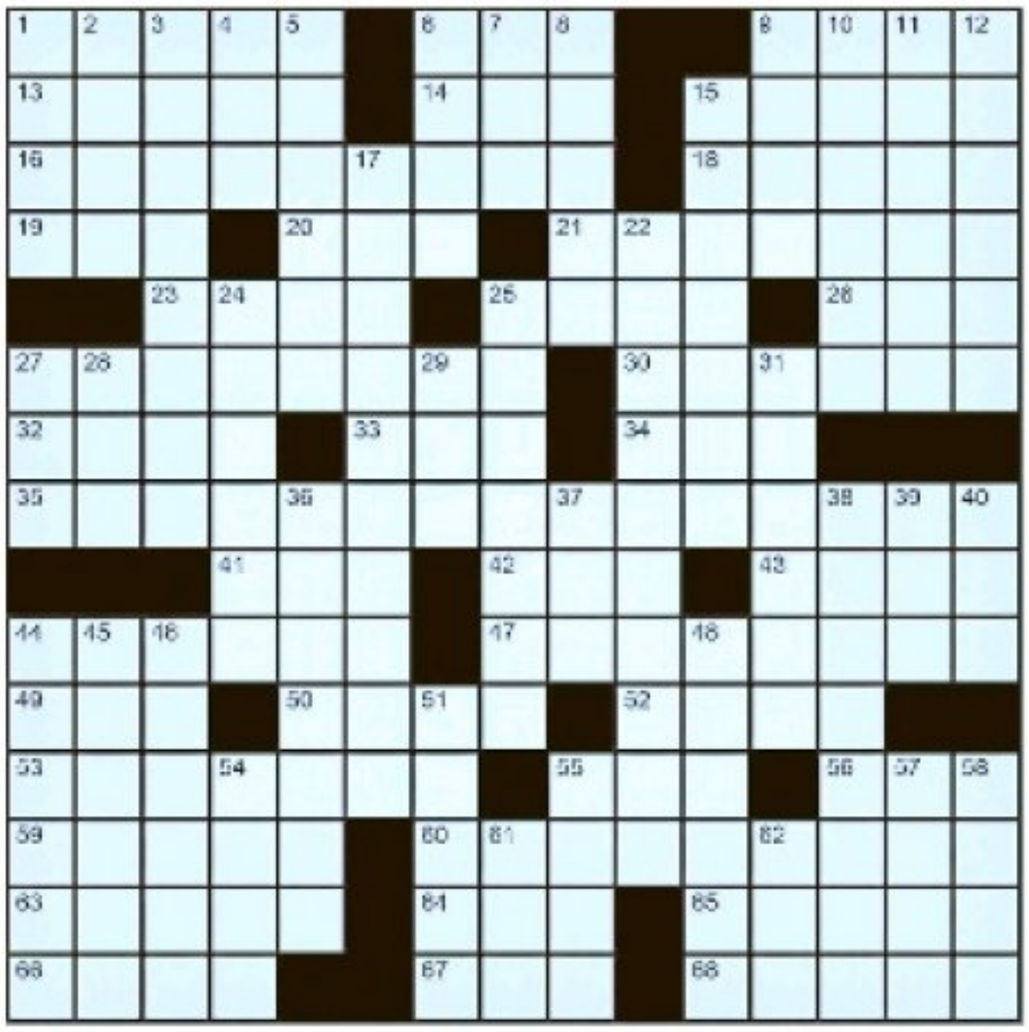
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Golf club head part connected to the shaft
6. Altar constellation
9. Sch. groups
13. Shakespeare: "I understand _ _ in your words..." - Desdemona
14. Embrace
15. Comic actress Anne
16. Motor home name
18. Trompe l'_ (Visual illusions)
19. Hamilton thoroughfare, Main _._.
20. Bean and Cool J
21. Skyrocketing sensations
23. Seal-made breathing hole in Arctic ice
25. Lend
26. Tee-_ (Chuckle)
27. Temporary pardon
30. Against the gusts
32. Ms. James
33. Life story [abbr.]
34. Sundial number
35. Woven-wire enclosures: 2 wds.
41. UK toilet
42. 'Rocky' installment
43. Haunting holler!
44. "All done!"
47. "..._ _ _ _, hey hey, goodbye..." - Streamlet of Steam's 1969 hit song
49. Piglet creator's monogram
50. Ms. Brickell
52. 'Myth' suffix
53. Celeb's concert perk: 2 wds.
55. 'Violin' suffix
56. Stevie Wonder's "_ _ Do"
59. "Bye!"
60. Common _ (Threatened bird species in Canada)
63. So square
64. Barcelona 'bear'
65. _ _. Coyote
66. '70s Spanish hit: "_ Tu"
67. Hill variety
68. Unlocks

DOWN
1. Hems and _
2. All _ _ (Everything)
3. _ Pass (High mountain pass which is the boundary between Jasper and Banff National Parks)
4. 'East' suffix
5. Nova Scotia's provincial fossil is the Hylonomus _, an extinct insect-eating reptile that lived over 300 million years ago
6. Epiphanies!
7. Floor covering
8. "Going to _ _-_" by Smokey Robinson & The Miracles
9. Nobleman
10. Martial Art variety: 2 wds.
11. Actress Ms. Sorkin
12. Talked back
15. S'mores-style sweet snack
17. Winnipeg-born actor Len Cariou plays Tom Selleck's father on what CBS police drama?: 2 wds.
22. Real-looking painting technique: 2 wds.
24. Prolong-ly-pursued prizes, perhaps
25. Lion-like
27. Tape, tiny-ly
28. 'Twenti' tail
29. X - III = ?
31. Ms. Ryder of new Netflix show "Stranger Things"
36. Difficult: 2 wds.
37. Auto maker
38. Southern Alberta town just east of Lethbridge
39. Practically forever
40. "_ _ guy walks into..."
44. Slow-and-stately court dance
45. Oakland NFL player
46. "The _ Strikes Back" (1980)
48. Play part, for instance: 2 wds.
51. "This _ _ a joke." (I'm being serious)
54. Seal herds
55. Mr. Stravinsky
57. British actor Clive
58. Pres. Eisenhower's
61. 'Equal'-meaning prefix
62. With it

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your home routine will be interrupted today because small appliances might break down, or minor breakages could occur. Be patient with family members to avoid arguments.

Taurus April 21 - May 21
This is an accident-prone day for your sign. No question. Slow down and pay attention to everything you say and do. Be careful! Think before you speak or do anything.

Gemini May 22 - June 21
Something having to do with money, cash flow and your possessions will catch you off-guard today. Check your bank accounts. Count your change, and check your bills.

Cancer June 22 - July 23
Today is subject to sudden interruptions. The behavior of others might upset you. Almost certainly, your daily routine will change, which means you have to stay light on your feet.

Leo July 24 - Aug. 23
Today you feel restless. It's almost as if you need more air! Give yourself a chance to do something different and gently explore something new.

Virgo Aug. 24 - Sept. 23
Your relations with a friend or a member of a group might upset you today. People are changing horses midstream; plans are going up in smoke. Hang in there!

Libra Sept. 24 - Oct. 23
A boss, parent or authority figure might do or say something that shocks you today. Don't quit your day job. Do not overreact. Give yourself time to have a sober second thought.

Scorpio Oct. 24 - Nov. 22
Travel plans will be cancelled, delayed or rescheduled today. Likewise, schedules with colleges, universities, publishing and the media will change.

Sagittarius Nov. 23 - Dec. 21
Stay on top of your financial arrangements, especially anything to do with banking, inheritances and shared property. Something unexpected will arrive out of the blue.

Capricorn Dec. 22 - Jan. 20
It's not easy to relate to others today, because they might just explode for some reason. Today is full of all kinds of disruptions and sudden arguments.

Aquarius Jan. 21 - Feb. 19
Allow extra time today, because your work routine will be interrupted for sure. Computer crashes, power outages, staff shortages and canceled meetings are just some examples.

Pisces
Feb. 20 - March 20
Parents should be vigilant today, because this is an accident-prone day for their kids. Meanwhile, it's also a rocky day for romance. Just smile and be sweet and understanding.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9		6				2		8
5		8				4		7
	7	2				1	6	
			4	5	2			
8		4				6		9
	5	1				3	4	
		7				5		
	8		5	1	3		2	
	6						1	

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PRAYER IS THE MASTER KEY

What life challenges are you facing right now that make you to think that all is lost? The good news is that Jesus is the solution to that problem and He has given you an open invitation when He said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." (*Matthew 11: 28 NLT*). Call upon God today in the name of Jesus and He will surely answer and deliver you.

For prayers and counseling call the pastor at 587-579-0454

RCCG CHRIST EMBASSY CHURCH
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8	6	4	1	5	9	3	2	7
5	2	1	7	6	3	9	8	4
7	9	3	2	4	8	5	1	6
6	5	9	4	3	2	8	7	1
1	4	7	9	8	5	6	3	2
2	3	8	6	1	7	4	9	5
3	8	2	5	7	6	1	4	9
9	1	6	3	2	4	7	5	8
4	7	5	8	9	1	2	6	3

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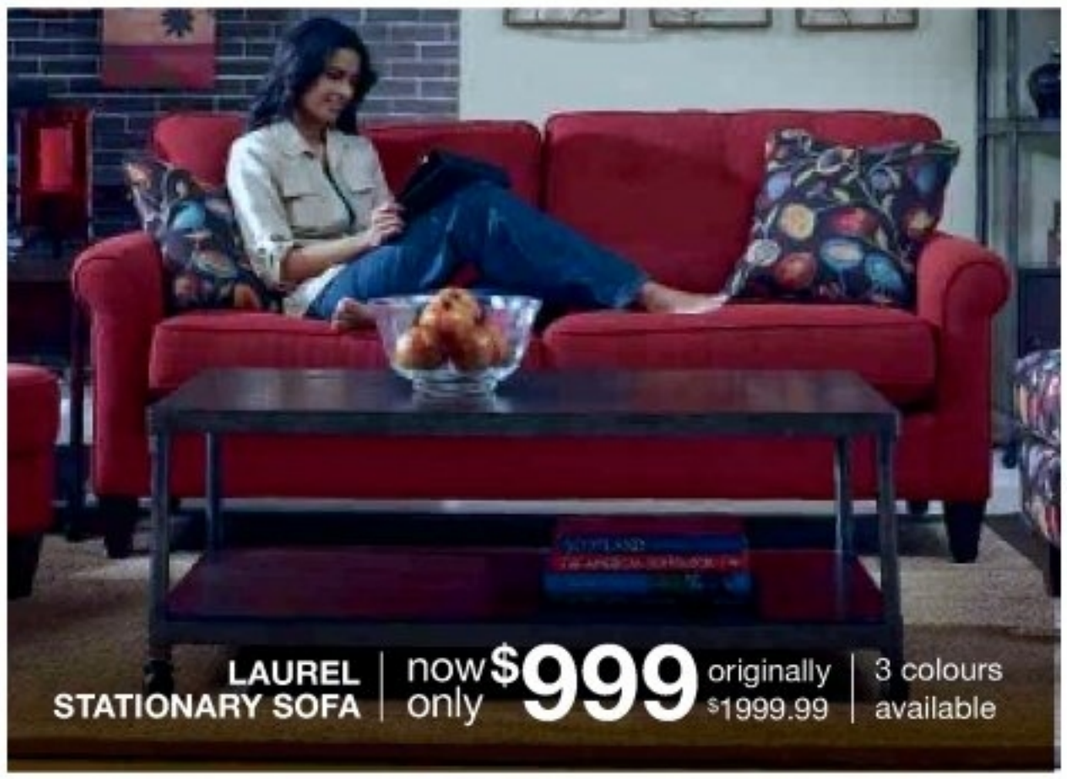

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